EDMONTON metro®

NEWS WORTH SHARING.

urban lasers aesthetics

State-of-the-art tattoo removal.
Remove any colour tattoo in 3 to 5 treatments.

www.urbanlasers.ca | 780-464-0335

Gaze long into the abyss ...

... the abyss gazes back at you. Use Metro AR to release the horror of Oculus PAGE 15

'YOU'RE EITHER IN THE BOAT, OR YOU'RE NOT'

DAY 1 OF METRO'S LOOK AT IMMIGRATION: PROPOSED CHANGES WOULD MAKE THE ROAD TO CITIZENSHIP LONGER AND HARDER PAGES 10 & 11

USE METRO AR TO WATCH NEWCOMERS TELL 'THE STORY OF US'

OILERS ROAST DUCKS

Oiler David Perron slides one past Anaheim Ducks goalie Jonas Hiller during the second period Sunday night. The Oilers grabbed a 4-2 victory over the Ducks in one of the last games of the season. Story, page 25. JASON FRANSON/THE CANADIAN PRESS

Cracking down on 911-abusers

The Emergency 911 Act. Enforcement services will be able to fine repeat offenders up to $10K

Flippant callers to Edmonton's 911 centres now face five-digit fines for repeatedly and deliberately straining emergency service operators with non-emergency complaints.

Despite seeing a drop in the total number of 911 calls made last year, Edmonton police reported an increase in the number of 2013 911 calls made deemed non-emergency.

With stories of chronic callers calling 911 operators upwards of 100 times a day or calling to inform police of a pizza place that won't deliver, Edmonton police now have new teeth to deal with frivolous callers: The Emergency 911 Act.

According to EPS Sgt. Mitch Liwczak, the act will give police a chance to penalize callers who abuse the system.

"Even though our 911 actual incoming calls went down by roughly 19,000, we had an increase of a little over 39,000 (911 calls) that were non-emergency," said Sgt. Mitch Liwczak.

Under the act, which came into force April 1, enforcement services will be able to fine repeat offenders, which also implements a new cellphone levy for 911 calls. First offenders will face a $5,000 fine, while repeat offenders could be fined up to $10,000.

After a campaign to encourage Edmontonians only to dial 911 for an emergency, Liwczak said people are still abusing the number.

"People are seeming to get the message to not call 911, but on the other hand, the people who are still calling don't appear to understand what an emergency call is," he added.

Alberta Municipal Affairs spokesperson Rosemary Waters said the act wouldn't penalize people for pocket dials, which accounts for a large number of unnecessary calls to 911 operators.

"Alberta's 911 centres face a high volume of calls and some of them are accidents and it's a legitimate understanding," said Waters. "However, some of the calls are made deliberately to abuse the 911 system."

While the act gives police new opportunities to crack down on 911-abusers, Liwczak said it's not meant to scare people. "The people who are legitimately calling 911 should call 911," he said. "But there's a certain element of society out there that needs to appreciate if they keep doing what they're doing, they are going to end up getting charged."

LEAH GERMAIN/METRO

New levy

The 44-cent levy introduced by the Emergency 911 Act looks to collect upward of $14.2 million for Alberta's 911 call centres annually.

McConachie

Buying a home in McConachie lets you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.

Walton™ APPRECIATE THE LAND

15 SHOWHOMES

VISIT TODAY

WWW.MCCONACHIE.CA

* SIMPLY AFFORDABLE • SIMPLY ACCESSIBLE • SIMPLY AMAZING • SIMPLY YOURS • HOMES FROM THE LOW $300'S

You found VITA! A modern community designed to match your busy lifestyle. VITA is a place where putting down roots feels right, and spending quality time with family and friends comes easy.

Showhomes at 82 St and 180 Ave or LiveAtVita.com

SABAL HOMES | HOMEXX | MORRISON HOMES

VITA
CRYSTALLINA
NERA

Scona Road. Anderson to move for higher speed

Drivers could be able to move a little quicker up Scona Road, without facing a photo radar ticket, if one councillor gets his way.

Coun. Bryan Anderson said Sunday he intends to ask the transportation committee to raise the speed limit on Scona Road, north of 99 Street, from 50 km/h to 60 km/h.

Anderson said only 11 per cent of drivers are currently doing 50 km/h, which is a clear sign it's too low.

"They could penalize 89 per cent of the traffic," he said.

Anderson said he understands the concerns along 99 Street, but he thinks the city is missing the target looking at Scona Road.

"What they're trying to do is deal with an issue on 99 Street by enforcing an abnormally low speed, a significant distance away from 99 Street," he said.

Peigi Rockwell, with the Strathcona Community League, said she understands Anderson's point, but she is more concerned about the impact on the neighbourhood.

"I sympathize with him, but at the top of the hill there's a community that's trying very hard to keep the speed down," she said.

Rockwell said they want to create a pedestrian-centred neighbourhood on 99 Street and they can't do that with cars zipping through.

"Is the car the priority or is the pedestrian? And that's something the city has to decide," Rockwell said.

RYAN TUMILTY/METRO

'True cowboy' killed in rodeo incident

Horrific scene. Father attempted to resuscitate son killed by bronco

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Turner Valley cowboy Ben Steiger is seen in an undated Facebook photo. FACEBOOK

Ben Steiger was always eager to ride.

The 16-year-old from Turner Valley was known to have a beaming smile on his face even while getting settled in the rodeo chutes. He dreamed of becoming champion.

But tragedy struck during a practice saddle-bronc run involving the youngster at the Thorsby Haymaker Center Saturday night. Steiger was first bucked off and then kicked by the horse. His father, a veterinarian, raced to his son's aid, performing CPR until medics arrived around 5 p.m., according to instructor Skeeter Thurston.

Steiger was pronounced dead before he could be transported to hospital.

Word of his death sent shock waves through both the Alberta rodeo community and the circles of friends Steiger had formed while in school.

"He was only the happiest, nicest guy in the world," said close friend Jesse Lewis, who attended classes with Steiger until he moved to Turner Valley last summer. "He was a gentleman in nature, a true cowboy."

Steiger had been partaking in a three-day event put on by the John Duffy Bucking School.

Thurston said he'd reviewed footage of the incident and described it as a "bad circumstantial accident."

"We're really trying to keep it all in perspective," Thurston said. "I've rodeoed for 15 years, going to 100 rodeos a year, and this is the first major tragedy I've ever witnessed."

Steiger was one of 18 in the saddle-bronc class. His immediate family declined to comment when reached Sunday.

His aunt Jaynellen Steiger Richardson said those closest to the youngster were dealing with a range of emotions.

"We can celebrate the fact that we have known Ben," she told Metro in an online message. "Though he is no longer with us we can celebrate that we were privileged and honoured to have known him — that he was part of our lives."

In mourning

"A light has gone out, without so much as a flicker, and all we have left is the precious memory of how brightly it burned, and the warmth it gave us."

Jaynellen Steiger Richardson, aunt of Ben Steiger, who was killed Saturday

Spring Demo Sales Event.

Save $7,000.00 on select 2014 Demos

B250, CLA250, C-Class, E-Class and GLK Models

Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM

Mercedes-Benz

The David Morris Difference:
Over 70 cars and SUV's on Sale to choose from...

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER

AMVIC Alberta Motor Vehicle Industry Council AMVIC LICENSEE

© 2014 B250/C350 4MATIC sedan shown above. Total price for above noted models $26,611.00/$30,011/$36,661/$54,911/$39611/$56,011, includes freight/pdi, admin fee, security etch, AC recovery, tire levy and AMVIV fee also includes $7,000.00 discount. Prices may vary depending on model and equipment levels. Some Demos have mileage which may vary. Insurance, licence and registration costs are extra. This offer cannot be combined with any other offers and is valid while supply lasts, based on a first come first serve basis. See a David Morris Fine Cars Ltd. sales consultant for details.

Poverty. Homeless Connect helps give a leg up to those in need

Richard Allard got glasses and a haircut and was eyeing some dress clothes Sunday, three items he needs to get what he really wants — full-time employment.

Allard was among hundreds at the Shaw Conference Centre Sunday for a warm meal and any of a wide array of services available at the semi-annual Homeless Connect event.

Allard, who lives in a local shelter, said he is hoping this boost will help him obtain full-time employment.

"I am trying to get some more full-time work, so a haircut is always important when you are meeting employers," he said.

Susan McGee, the CEO of Homeward Trust Edmonton, said the event helps focus people on the issue of poverty, while also showing progress.

"There's a lot of hope around having an event like this. We create this conversation in the community that we can do something about this," she said.

Premier Dave Hancock dished out meals at the Homeless Connect event at the Shaw Conference Centre Sunday. RYAN TUMILTY/METRO

McGee said the event is also a reminder that despite the hundreds who have been housed over the last few years, there's still work to do.

"In spite of all of our work, people are still lining up at the door at 6 a.m."

RYAN TUMILTY/METRO

Anina Hundsdoerfer

Search continues for missing woman

Friends of missing Edmonton woman Anina Hundsdoerfer met Saturday to rally search efforts with new posters and billboards after more than two weeks with no new leads.

First reported missing March 22, friends of Hundsdoerfer are not giving up hope, said the 32-year-old's roommate, Caroline Hendley.

METRO

Fort McMurray

RCMP investigate Highway 69 fatality

RCMP in Fort McMurray responded to an early-morning fatality Sunday after the body of a man was found on Highway 69.

According to reports, a vehicle struck a pedestrian at 4:40 a.m.

EMS responded to the scene along with RCMP, but the victim was declared dead.

A portion of the highway was closed as RCMP investigated. METRO

Students at Florence Hallock School are just some of the city's youth who are interacting with Edmonton police as officers take time out of their day to give back to the community. LEAH GERMAIN/METRO

City cops build bonds with students

Adopting a school. Police interacting with students as part of community initiative

LEAH GERMAIN
leah.germain@metronews.ca

Edmonton police are looking to break down barriers with local students as a group of officers "adopt" city schools.

Following a pilot project launched last April by EPS to connect schools with police officers, Const. Rob Farbin said the service and school boards saw a huge benefit to bringing officers into the school on a regular basis.

"We found if an officer quasi-adopted a school for a school year and the same officer went back there two to three times a month for a minimum visit of about 30 to 60 minutes, that that would have a really positive impact," said Farbin.

Along with 16 other officers, Farbin adopted an Edmonton school, taking time out of his own schedule to swing by and spend time with students by coaching or teaching a DARE class — a prevention education program.

Quoted

"We found if an officer quasi-adopted a school for a school year ... that would have a really positive impact."

Const. Rob Farbin

GLI GENERAL LINES of IMMIGRATION CORP.
Let us help you stay in CANADA
and become a prospective future citizen

ARE YOU AN INTERNATIONAL STUDENT?
- Did you work in Canada immediately following your graduation from a Canadian school?
- Are you qualified to apply under Canadian Experience Class (CEC) or for the Alberta immigrant Nominee Program (AINP)?
- Do you wish to stay in Canada?
- Do you wish to apply for Permanent Residency (PR)?

The professionals at GLI-Corp will help you through the immigration process.

Call us today: +1.780.801.5233
www.gli-corp.ca Suite 3400, 10180 101 Street, Edmonton

McConachie
Buying a home in McConachie lets you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.
15 SHOWHOMES
VISIT TODAY
WWW.MCCONACHIE.CA
Walton™ APPRECIATE THE LAND

Students search for Nazi officer

World War II. Finding Alois is proving difficult as students taking part in an investigations class hunt for clues

Moritz Wacs, circled, in a photo with others in Vienna in the 1920s. JANE ROHMAN/THE ASSOCIATED PRESS

Students at a U.S. university are working on a daunting assignment: Who was the suspected Nazi who protected a Jewish family 75 years ago from violence and warned them to flee Austria just before the Second World War broke out?

The University of New Haven students, who are part of a special investigations class called Finding Alois, just have a first name and a few other clues, but are scouring records from the 1930s.

Ilie Wacs and his sister, Deborah Strobin, recount their family's ordeal in their book, An Uncommon Journey. The man they knew only as Alois warned them to take shelter in their apartment with relatives. The warning came days before Kristallnacht, when the Nazis staged a wave of attacks on Jews in Germany and Austria.

Alois, who worked in their father's tailor shop in Vienna, warned the family to get out before Germany invaded Poland and the Second World War broke out.

THE ASSOCIATED PRESS

Barcelona's colourful fiesta

Visitors of the Holi Festival of Colours throw special coloured powders in the air in Barcelona, Spain, on Sunday. The festival is fashioned after the Hindu spring festival Holi, which is mainly celebrated in the north and east of India. MANU FERNANDEZ/THE ASSOCIATED PRESS

California party

Annual spring break party turns violent

About 100 people were arrested and at least 44 were taken to hospital during a weekend college party in Southern California's Isla Vista community that devolved into a street brawl, authorities said.

Violence broke out Saturday night during the annual spring break party known as Deltopia, the Santa Barbara County Sheriff's Office said.

The Ventura County Star reported that things escalated after a police officer was hit in the head with a backpack filled with alcohol bottles. At least five more officers were injured, including one who was hit in the face with a brick, sheriff's deputies said.

THE ASSOCIATED PRESS

Trust law

Law seeks to protect immigrants

Far fewer immigrants arrested by California law enforcement are being turned over to federal authorities for deportation since a new state law went into effect in January. The law, known as the Trust Act, aims to direct law enforcement agencies to release those without serious criminal records more quickly. Already, according to a review by The Associated Press, the new law appears to be having a big impact in slowing deportations.

California has accounted for a third of deportations under U.S. Immigration and Custom Enforcement's Secure Communities program.

THE ASSOCIATED PRESS

Timeless vehicles. Limited time offers.

Take advantage of 3 payments waived and 0.9% financing for 36 months on ALL 2010-2012 Certified Pre-Owned models at the Spring Event.

Become the new owner of a Mercedes-Benz Certified vehicle and enjoy:
- Reassurance: 150-point certification inspection
- Warranty: standard Star Certified warranty up to 6 years or 120,000 km
- Confidence: complete vehicle history report
- Security: 24-hour special roadside assistance
- Peace of mind: five day/500 km exchange privilege

For a complete listing, visit davidmorrisfinecars.com

0.9%* for 36 months 3 months** payments waived

Mercedes-Benz CERTIFIED
Certified. Affordable. Luxury.

Mercedes-Benz

2011 GLK 350 4matic™, $35,999 +GST

Mercedes-Benz STAR DEALER

© 2014 Mercedes-Benz Canada Inc. *0.9% financing only available through Mercedes-Benz Financial Services on approved credit for a limited time. Available for 36 month finance on model year 2010-2012 Certified Mercedes-Benz (less than 140,000 km). Finance example based on a 2010 model: $25,000 at 0.9% per annum equals $704.12 per month for 36 months. Cost of borrowing is $348.39 for a total obligation of $25,348.39. Down payment may be required. **First, second and third months payments are waived for finance programs on model year 2010-2012 Certified Pre-Owned Mercedes-Benz models. The payment waivers are capped up to a total of $500/month including tax for a Mercedes-Benz model. Vehicle licence, insurance, registration and sales taxes are extra. Dealer may lease or finance for less. Offer may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offers end April 30th, 2014.

Child porn. Multiple victims in exploitation case: Nova Scotia RCMP

A 15-year-old boy is facing charges of luring a child and distributing and possessing child pornography after RCMP seized computer equipment and cellphones from a home near Truro, N.S.

Colchester District RCMP say they received a call from the public Friday and officers seized electronics believed to store evidence from a home in central Onslow. The 15-year-old was arrested at the scene.

"We don't believe this is an accidental thing where a mistake was made," said Cpl. Addie MacCallum. "We believe this was a deliberate act."

He wouldn't release any details on the victims, such as the gender, but said there are "more than one" between the ages of 12 and 18 who are from Nova Scotia.

MacCallum said police are in the early stages of their investigation, and more charges, such as the production of child pornography could be laid.

This type of incident where a teen faces child pornography charges is "not a common thing," MacCallum said, but he has noticed an increase over the last few years, due to social media making these cases more prevalent.

"You're dealing with a very vulnerable segment of the population. They're highly at risk to being exploited," MacCallum said.

HALEY RYAN/METRO IN HALIFAX

Quebec election

Marois optimistic despite polls

Pauline Marois made a last-ditch appeal to supporters on Sunday to get out and vote for her Parti Québécois on election day, ruling out any kind of deals with the Coalition party to shore up her party if it wins another minority government.

Marois and Quebec's other political leaders were in their final sprint to round up support in what appears to be a tight race to victory in Monday's election.

THE CANADIAN PRESS

Yoke of imperialism?

Ottawa will fight to keep oath

Ontario's top court is set to grapple with whether forcing would-be Canadians to take an oath to the Queen, her heirs and successors is constitutional.

Three longtime permanent residents argue the citizenship requirement is discriminatory and violates their rights to free speech.

Documents filed with the Ontario Court of Appeal, which will hear the case Tuesday, show Ottawa intends to fight any adverse decision. THE CANADIAN PRESS

Fighting for the right to change birth certificates

Renn and her mother, Fran Forsberg, pose for a photograph at their acreage just outside Saskatoon last week. Renn's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that. LIAM RICHARDS/THE CANADIAN PRESS

Human rights complaints. Transgender children want the ability to change sex on identification documents

Renn Forsberg's family says that, in her heart and in her brain, their six-year-old is a girl. They want her birth certificate to reflect that.

Better yet, they argue, the sex box now marked with an "M" should be removed from the document altogether.

The Saskatchewan family has filed one of several human rights complaints across the country that are prompting some provinces to rethink their rules about changing sex on birth certificates.

Renn's mother, Fran Forsberg, says governments need to keep up with changing times. Birth certificates once listed a baby's race and a father's occupation, she says, and a sex designation is just as archaic.

Forsberg says Renn needed her birth certificate last year to register for kindergarten in Saskatoon and was embarrassed to be listed as a boy. That sparked her family to fight for a new birth certificate, a basic piece of paper needed to apply for most identification documents.

In the 1970s, most provinces changed their laws so people could change their birth certificates after sex reassignment surgery. The revision left out transgender children, because people must be at least 18 to be eligible for the surgery.

At the time, the legal change was "unbelievably progressive," says Karen Busby, a law professor and expert in sexual and reproductive rights at the University of Manitoba. Some 40 years later, she suspects all provinces are preparing for another overhaul.

In 2012, Ontario's human rights tribunal declared it discriminatory to require an actual sex-change operation for a transgender woman who wanted to switch to female from male on her birth certificate. The province quickly revised its legislation to allow a change with a note from a doctor or psychologist testifying to a person's gender identity. The province set an age limit of 18 and over and said it needed more time to consider the issue.

Other human rights complaints have since been filed in at least three other provinces.

THE CANADIAN PRESS

Quoted

"Officials should be able to look at me, see my name, my date of birth and see I'm a nice little girl and that's that."

12-year-old Harriet Cunningham of Comox, B.C., whose complaint led to a bill that would allow people to change the sex on their birth certificates without surgery.

CLEAR VISION IS PRICELESS.

But it doesn't have to be costly.

Book a free consultation at 1-877-573-9888 or lasikmd.com

LASIK MD VISION

Laser vision correction starting at $490/eye*

Lowest Price Guarantee‡

*Prices are subject to change without prior notice and vary based on prescription strength. Only applicable on a procedure for both eyes. Other conditions may apply; see lasikmd.com/lpg.

Rwanda's pain is remembered

Genocide. On Monday, Rwanda marks the 20th anniversary of 100 days of mayhem; one million innocent people were killed

Emmanuel Ndayisaba wielded a machete that took Alice Mukarurinda's baby and her right hand. BEN CURTIS/THE ASSOCIATED PRESS

She lost her baby daughter and her right hand to a manic killing spree. He wielded the machete that took both.

Yet today, despite coming from opposite sides of an unspeakable shared past, Alice Mukarurinda and Emmanuel Ndayisaba are friends. She is the treasurer and he the vice-president of a group that builds simple brick houses for genocide survivors. They live near one another and shop at the same market.

Their story of ethnic violence, extreme guilt and, to some degree, reconciliation is the story of Rwanda today, 20 years after its Hutu majority killed more than one million Tutsis and moderate Hutus. The Rwandan government is still accused by human-rights groups of holding an iron grip on power, stifling dissent and killing political opponents. But even critics give President Paul Kagame credit for leading the country toward a peace that seemed all but impossible two decades ago.

"Whenever I look at my arm I remember what happened," said Alice, a mother of five with a deep scar on her left temple where Emanuel sliced her with a machete. As she speaks, Emmanuel — the man who killed her baby — sits close enough that his left hand and her right stump sometimes touch.

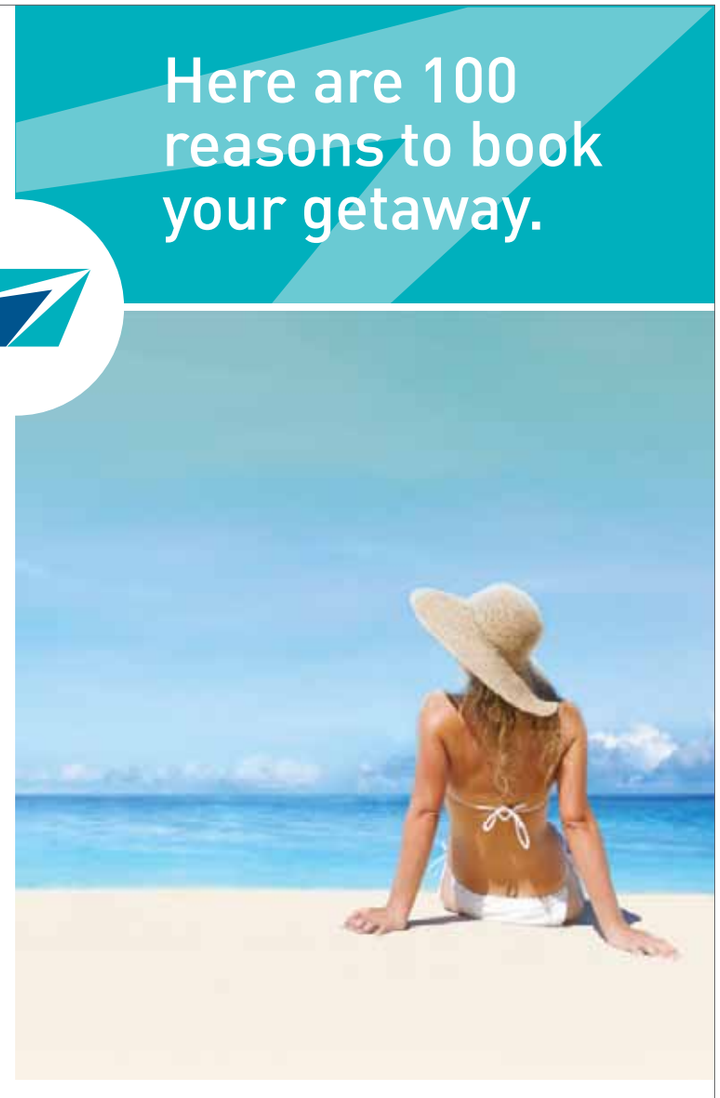
On Monday, Rwanda marks the 20th anniversary of the beginning of 100 days of bloody mayhem. But the genocide was really in the making for decades, fuelled by hate speech, discrimination, propaganda and the training of death squads.

Hutus had come to resent Tutsis for their greater wealth and what they saw as oppressive rule.

Rwanda is the most densely populated country in mainland Africa, slightly smaller than the U.S. state of Maryland but with a population of more than 12 million. The countryside is lush green, filled with uncountable numbers of banana trees.

In the months after the genocide, guilt gnawed away at Emmanuel. He saw his victims during nightmares. In 1996, he turned himself in and confessed.

His prison term lasted from 1997 until 2003 when the government pardoned Hutus who admitted their guilt. After he was freed, he began asking family members of his victims for forgiveness. He joined a group of genocide killers and survivors called Ukurrkuganze, who still meet weekly. THE ASSOCIATED PRESS



$100
Bonus WestJet dollars

Book a WestJet Vacations package and earn an extra $100 WestJet dollars per vacation itinerary for a future flight or vacation package.* Put winter behind you and warm up on a beach.

Book by: April 30, 2014
Travel until: June 25, 2014

Book at westjetvacations.com or call your travel agent.

WESTJET vacations

*Offer is valid on a WestJet Vacations booking made between April 3 and April 30, 2014 (11:59 p.m. MT) inclusive, for travel from April 7, 2014 until June 25, 2014 inclusive. All travel must be completed by June 25, 2014. Minimum 3 night stay required. Minimum eligible spend of CAD $699 on the base price of a WestJet Vacations package, exclusive of taxes, fees and charges. New bookings only. Not valid on group bookings. Valid for U.S. and International bookings only. Advance booking required. Offer is available to WestJet Rewards members only. To join, visit westjet.com/rewards. Enrolment in WestJet Rewards prior to travel date is required and member's 9-digit WestJet ID must be included on the booking. Only the primary traveller, defined as the first traveller listed on the vacation booking/confirmation number, may collect the WestJet dollars associated to the vacation package booking. Only one (1) $100 WestJet dollars bonus will be issued per vacation booking/confirmation number. WestJet dollars have no cash value. All other program terms and conditions remain in effect. WestJet Vacations reserves the right to amend or discontinue the offer at any time. See westjetvacations.com for full offer details.

Search teams race against time to verify ocean signals

Flight 370. Brief sounds detected in Indian Ocean could be 'pings' from missing jet's black boxes

A U.S. navy P-8 Poseidon plane takes off from Perth airport in Australia on Sunday to rejoin the search operation for the missing Malaysia Airlines Flight MH370. ROB GRIFFITH/THE ASSOCIATED PRESS

Searchers hunting for the missing Malaysia Airlines jet raced toward a patch of the southern Indian Ocean on Sunday to determine whether a few brief sounds picked up by underwater equipment came from the plane's black boxes, whose battery-powered pingers are on the verge of dying out.

Ships scouring a remote stretch of water for the plane that vanished nearly a month ago detected three separate sounds over three days. A Chinese ship picked up an electronic pulsing signal on Friday and again on Saturday, and an Australian ship carrying sophisticated deep-sea acoustic equipment detected a signal in a different area on Sunday, the head of the multinational search said.

The two black boxes contain flight data and cockpit voice recordings that could solve one of the most baffling mysteries in modern aviation: who or what caused Flight 370 to veer radically off course and vanish March 8 while travelling from Kuala Lumpur, Malaysia, to Beijing with 239 people on board.

But there were questions about whether any of the sounds were the breakthrough that searchers are desperately seeking or just another dead end in a hunt seemingly full of them, with experts expressing doubt that the equipment aboard the ship was capable of picking up signals from the black boxes.

Speaking to reporters in Perth, retired Australian air chief marshal Angus Houston, who is co-ordinating the search, warned that the sounds were "fleeting, fleeting acoustic events," not the more extended transmissions that would be expected.

Searchers are racing against time to find the voice and data recorders. The devices emit "pings" so they can be more easily found, but the batteries last for only about a month. THE ASSOCIATED PRESS

Call for help. U.S. navy rescue sick baby girl from crippled sailboat

U.S. sailors rescued an American family with an ill one-year-old from a sailboat that broke down hundreds of miles off the Mexican coast — boarding them Sunday onto a San Diego-bound U.S. navy ship so the girl could get medical treatment.

The baby girl, Lyra, was in stable condition at 8 a.m. Sunday when sailors helped her, her three-year-old sister, Cora, and her parents, Charlotte and Eric Kaufman, leave their sailboat and brought them aboard the USS Vandegrift.

The Kaufmans were two weeks into a sailing trip around the world when Lyra developed a fever and a rash covering most of her body and wasn't responding to medications. After their 36-foot sailboat lost steering and communication abilities about 900 miles southwest of Cabo San Lucas, Mexico, they sent a satellite call for help to the U.S. Coast Guard on Thursday.

Four California Air National Guard members parachuted into the water and reached the boat Thursday night. The crew stabilized the girl and stayed by her side until the navy frigate arrived at about 1 a.m. Sunday.

Sailors waited until daylight to move the family from their inoperable sailboat, Rebel Heart, which authorities were in the process of sinking Sunday because it was taking on water.

THE ASSOCIATED PRESS

Eric and Charlotte Kaufman with their daughters, Lyra, 1, and Cora, 3. THE ASSOCIATED PRESS

An offer that means business on a van that means business.

The All-New 2014 Sprinter

Lease or finance at 4.49%* + Receive 3 YEARS NO-CHARGE SCHEDULED MAINTENANCE**

*For well-qualified buyers

SPRINTER Mercedes-Benz

thesprinter.ca

The David Morris Difference: All 2013 Sprinters - Save up to $10,000

David Morris Fine Cars, 17407-111 Avenue, 780-484-9000, davidmorrisfinecars.com

Mercedes-Benz STAR DEALER

AMVIC Alberta Motor Vehicle Industry Council AMVIC LICENSEE

© 2014 Mercedes-Benz Canada Inc. 2014 Sprinter 2500 144" Cargo Van shown, national MSRP $39,900. *Lease and finance offer based on 2014 Sprinter Vans available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease and finance APR of 4.49% is available to customers who qualify for MBFS maximum rate reduction, based on meeting certain lending criteria. Offer is non-transferable, non-refundable and has no cash value. Certain limitations apply. Offer is valid until April 30, 2014, for all in-stock 2014 Sprinter Vans only. Offer may be withdrawn without notice. See your authorized Mercedes-Benz dealer for details. **3 years of scheduled maintenance covers the first 3 factory scheduled maintenance services or 3 years, whichever comes first. Scheduled maintenance interval for model year 2014 Mercedes-Benz Sprinter is the earlier of 1 year or 25,000 km. The specific maintenance services included are described in the applicable Owner's/Operator's Manual and Service/Maintenance Booklet. Offer is non-transferable, non-refundable and has no cash value. Certain limitations apply. See your authorized Mercedes-Benz dealer for details or call the MB Customer Relations Centre at 1-800-387-0100.

Families seek justice for GM victims

Washington. Hearings attempt to discover the truth in GM defective cars scandal

The families of those who died in General Motors cars with defective ignition switches want prosecutors to go after GM insiders responsible for letting the problems fester for more than decade — and perhaps for covering them up.

"The only way the public is going to be protected from this negligence by companies is if there will ultimately be prison sentences," said Leo Ruddy of Scranton, Pa., whose 21-year-old daughter Kelly was killed in 2010 when her Chevrolet Cobalt veered inexplicably off the highway and crashed.

Lawmakers confronted GM CEO Mary Barra with what they said was evidence that a company employee intentionally tried to conceal the switch problem. And the head of the nation's auto-safety watchdog said GM withheld critical information that connected the failing switch to airbags that didn't deploy in a crash.

GM says upper management only became aware of the problem last year. A recall, now up to 2.6 million vehicles, began in February. On Wednesday, Sen. Claire McCaskill, D-Mo., accused one GM employee of a coverup.

Matt Axelrod, a former federal prosecutor, said proving individual guilt beyond a reasonable doubt is harder than prosecuting a company based on collective knowledge of its employees. THE ASSOCIATED PRESS

Family members of GM victims. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Chile. Nursing home blaze devastates community

A Sunday morning fire tore through a nursing home in southern Chile, killing nine seniors and their caretaker.

The nursing home is located near the city of Paillaco, some 870 kilometres south of the Chilean capital, Santiago.

Police say neighbours were able to rescue three people, but Paillaco Mayor Ramona Reyes said all others died in the blaze because the nursing home had locked patients inside their rooms.

"The rescue by the community was not possible because when they tried to reach them at the two-storey wooden house, all rooms were under lock," Reyes told local Radio Cooperativa.

"It's a terrible, regretful situation that has appalled us."

Most of the 12 patients at the nursing home lived with disabilities and mental illnesses. Reyes said the facility had all the permits required by Chile's health service, but the building's infrastructure was inadequate.

The nursing home's owner denied that, saying all the patients were self-sufficient and the rooms were unlocked.

"There was a staircase that was left locked. They were all in their rooms but not under lock," Silvia Magaly Zapata told Radio Cooperativa. "Besides, they were all self-sufficient and woke up early. They were wonderful people, although schizophrenic."

Local media reported that firefighters struggled to contain the blaze because nearby hydrants failed, forcing them to use water from a swimming pool several kilometres down the road.

Police and prosecutors have been at the scene collecting evidence to investigate the cause of the blaze.

Officials have yet to release the names of the dead. Three people, who were rescued by neighbours, are being treated at a local hospital for minor injuries.

THE ASSOCIATED PRESS

Deadly blaze

- Authorities are investigating the cause of the fire.
- The fire claimed the lives of nine victims, while three others sustained minor in injuries and were taken to the hospital.

Pilot program

Controversial bear hunt returns

Ontario is going ahead with a controversial pilot project letting residents in the province hunt bears this spring.

A spokesman for Natural Resources Minister David Orazietti says the pilot starts May 1 and will run for six weeks in eight wildlife areas known for having the most public safety incidents involving the animals. Andrew Donnachie says the government is trying something new to cut down the number of emergency calls and instances of police forced to shoot nuisance bears after what he called costly and ineffective trap-and-relocation efforts.

Animal rights activists have slammed the plan as unnecessary and barbaric, saying the number of bear encounters varies not with their population but rather the natural food supply.

The Ontario Federation of Anglers and Hunters has backed the pilot.

THE CANADIAN PRESS

How immigrants stay in the country

People come to Canada on a temporary basis through a variety of avenues, including work visas, study visas and visitor visas. To be eligible to stay on a permanent basis, prospective immigrants must meet the requirements of one of four classes or qualify as a provincial nominee.

Canadian Experience Class

- The program is aimed at temporary foreign workers or students who graduated in Canada.
- The work experience must be in certain classes, such as management, professional jobs and technical/skilled trades, as determined by the government.
- Have one year of full-time or part-time work experience in Canada in the three years before applying.

Federal Skilled Worker Class

- An offer of employment.
- International student enrolled in a doctorate program who has completed at least two years of study.
- A skilled worker with at least one year of full-time or two years of part-time experience in a pre-selected set of occupations.

Business Class

- The class is broken into three parts: Investors, entrepreneurs and self-employed.
- People applying as investors and entrepreneurs must meet net worth requirements and must make an investment of a certain amount in the Canadian economy.
- Self-employed applicants must prove they can make a living in areas including art, sports or farming.

Family Class

- Canadian citizens or permanent residents can sponsor people based on their relationship.
- Only certain relationships fit into the category, including spouses, common-law partners, dependent children, parents and grandparents.

Provincial Nominees

- Nearly every province or territory can nominate someone.
- Eligible people have the skills, education and work experience deemed necessary to contribute to the economy of that province or territory.

Canada: Come one,

Proposed federal changes would extend immigrants' wait to participate in citizenship ceremonies like the one shown here. That has some concerned about Canada's future.

The Story of Us
Immigration in Canada

Well, maybe. Tough revisions to federal immigration rules could change the lives of would-be citizens

MIKE DONACHIE
Metro in London, Ont.

They come in the hundreds of thousands, and every community in Canada has them: Immigrants.

From across the globe, newcomers pour into Canada each year in search of a new life. In 2012 alone, more than 257,000 people were granted permanent resident status, and many of them aim to be citizens one day.

But this year, things could be changing.

If the federal government secures its planned changes to the Citizenship Act, it's going to become more difficult to become Canadian, and that's got some people worried.

"You're either in the boat or you're not in the boat," said David Cohen of Toronto law firm Campbell Cohen, which operates the website Canadavisa.com.

He's troubled by some of the proposed changes, especially the need to declare an intention to reside in Canada by anyone applying for citizenship.

"It means two classes of citizens," he said, pointing out that people born in Canada don't need to live here to maintain citizenship.

Cohen said it's undeniable that the new legislation is needed. In recent years the success of an immigration case could have depended on which judge heard it, so there's a need to make the rules more clear, he said.

But there are concerns, he added, like the idea of revoking citizenship from people convicted of serious crimes like terrorism. Cohen said such issues should be heard by the courts to ensure fairness and transparency.

At the Ontario Council of Agencies Serving Immigrants, executive director Debbie Douglas agreed.

"We do have an effective criminal justice system here in Canada," she said. "Our response to issues of criminality should be through our criminal justice system."

And many of the other changes have her, and other immigrant advocates, worried.

Higher application fees, for example, will cause "hardship," she said, especially for people with large families.

Canada should be making it easier, not tougher, to become citizens, she added.

"Immigrants not only allow the country to keep its economic integrity," she said, "im-

THE STORY OF US: IMMIGRATION IN CANADA,

Day 1 Change and effect 1

Day 2 What Canada wants vs. what it gets 2

Day 3 Where we come from, where we go 3

Day 4 Happy times, hard times 4

come all?

TORSTAR NEWS SERVICE FILE

Changes aplenty

Bill C-24 hasn't yet passed, but these are some of the federal plans that could be approved this year:

- The proposal: Permanent residents would face a longer wait before they can apply to be citizens — four years of residency, instead of three.
- There would no longer be a "time credit" for the years spent in Canada before gaining permanent residence. So time here on a student or work visa, for example, wouldn't count toward the time you must wait to become a citizen.
- An application for citizenship would include a declaration of "intent to reside" in Canada, meaning the person plans to stay and not return to their home country.
- Knowledge of English or French would apply to 14- to 64-year-olds, instead of 15- to 54-year-olds.
- The application process would be sped up. The government wants to cut the 320,000-case backlog by 80 per cent.

migrants also bring a wealth of international experience.

"They enhance who we are as a nation."

But Dan Murray, who's a member of the executive of campaign group Immigration Watch Canada, said the rules should get even tougher.

He accused authorities of doing little to screen for fraud in citizenship and other immigration applications, saying either everyone should be checked or the number of newcomers should be cut to a level the government can check properly.

"Why are we bringing in so many people?" asked Murray, who lives in Vancouver.

There's no economic need for large-scale immigration while Canadians are out of work, he said.

But one academic differs.

Mohammas Qadeer, professor emeritus of urban and regional planning at Queen's University in Kingston, Ont., said the current population isn't reproducing fast enough.

Put simply, bringing in new citizens through immigration is preventing Canada from shrinking. More stringent rules only discourage people from coming.

"Immigration is not a favour to the immigrants," he said. "Immigration has become a necessity to maintain your population, to help the labour force and also to look after the elderly, bringing the young people who look after them."

WITH FILES FROM DAVE LANGFORD

TOLD IN FIVE PARTS

Day 5
The future and beyond

Online
Live the stories of three immigrants in our five-part video series at metronews.ca

Immigration has rebooted Canada's brand: Expert

When the Young Canada Singers sang "Ca-na-da, one little, two little, three Canadians" for the country's centennial in 1967, the country looked a lot different than it does today.

In 1967, visible minorities comprised only about two per cent of the country's population of just more than 20 million people. That's about 400,000 minorities from coast-to-coast.

Data from Statistics Canada showed the country was home to nearly 6.8 million foreign-born individuals in 2011.

Quoted

"There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire."

University of Ottawa history Prof. Pierre Anctil on how Canada presented itself to the rest of the world after the 1970s.

Such a radical shift meant the rebooting of Canada's brand — how this country appears to the rest of the world.

University of Ottawa Canadian history Prof. Pierre Anctil said Canada used to be known as part of the British Empire.

"It used to present itself that way, even after World War II, but it began to change after the '60s and the 1970s," he said. "There appeared a notion that there was something uniquely Canadian or North American that didn't relate to the British Empire.

"We welcomed from the '80s on great numbers of immigrants from the (developing world), mostly from Asia, India and China, and that changed the composition of the country, especially in large cities. It introduced visible minorities, people who have a very different background.

"It changed the assumption that Canada gave to the outside world. It's a much more multicultural society than 50 years ago."

SCOTT TAYLOR/METRO IN LONDON, ONT.

A brief history lesson in Canadian immigration

1902
The greatest influx of immigrants in Canada's history begins and continues until the beginning of the First World War in 1914.

1913
Nearly 800,000 people immigrate to Canada, most of them with British roots.

1914-18
Immigration slumps during the First World War.

1928
The opening of Pier 21, the Atlantic gateway to Canada.

1950s
Canada receives about 1.5 million immigrants from Europe.

1962
New immigration regulations are tabled aiming to eliminate discrimination based on race, religion and national origin.

1979-80
60,000 Vietnamese, Cambodian and Laotian immigrants arrive in Canada.

2002
The Immigration and Refugee Protection Act comes into force.

Faces to know

Over the next four days, you'll meet immigrants who tell The Story of Us. These are just a couple.

Paula Garcia
Age: 23
Home country: Colombia
Her plan: To shape Canada's future as a teacher

Surya Acharya
Age: 23
Home country: Nepal
His dream: To bring his family to Canada, where he's a new permanent resident

See that symbol? It means you can scan this image with your Metro News app to see a video clip featuring more immigrants who've made Canada home.

Trial. Pistorius finally gets to tell his side of story

More than a year after he killed his girlfriend, Oscar Pistorius is expected to finally answer questions about why he shot Reeva Steenkamp through a toilet door when his murder trial resumes this week and his defence lawyers begin presenting the evidence they hope will save the Olympic athlete from going to prison for 25 years to life.

Pistorius's account that he killed Steenkamp by mistake is going to "stand or fall" with his testimony in court, says Marius du Toit, a criminal defence lawyer who is observing the trial. Brian Webber, one of Pistorius's lawyers, said they had no choice but to put Pistorius on the stand. Legal experts say it's a risk Pistorius's defence has to take.

Even if he is acquitted of murder, Pistorius faces a negligent killing conviction that can carry a five-year prison sentence. His testimony must show that he acted reasonably when he shot four times from close range.

"His actions were definitely not reasonable and I think that's his biggest problem." **THE ASSOCIATED PRESS**

Vatican

Pope spreads the Gospel, literally

Rev. Konrad Krajewski, the Vatican Almoner, distributes booklets of the Gospel in St. Peter's Square Sunday. THE ASSOCIATED PRESS

Tens of thousands of faithful in St. Peter's Square have been treated to gifts from Pope Francis — pocket-sized copies of the Gospels that he hopes they'll read daily.

The Pope did ask for something in return: "In exchange … perform an act of charity." He said such an act might be praying for an enemy. **THE ASSOCIATED PRESS**

Pro-Russia protesters seize buildings in Ukrainian cities

People clash with police at the regional administration building in Donetsk, Ukraine, on Sunday. ALEXANDER ERMOCHENKO/THE ASSOCIATED PRESS

Demonstrators attack. Interior Minister Arsen Avakov says no heavy-handed measures would be adopted to deal with the unrest

Crowds of pro-Russian demonstrators stormed government buildings Sunday in several major cities in eastern Ukraine, where secessionist sentiment has sparked frequent protests since Ukraine's Russia-friendly president was ousted in February.

In Donetsk, 80 kilometres west of the Russian border, a large crowd, including many in masks carrying sticks and stones, surged into the provincial government building and smashed windows.

Several hundred waving Russian flags listened to speeches delivered from a balcony that had a banner reading "Donetsk Republic."

In Luhansk, hundreds of people surrounded the local headquarters of the security service and later scaled the facade to plant a Russian flag on the roof. Demonstrators pelted the building with eggs, stones, a smoke grenade and a firebomb.

Similar unrest was reported in Kharkiv, less than an hour's drive from the Russian border. **THE ASSOCIATED PRESS**

Journalist killed

The body of a reporter kidnapped Friday from his home city of Korsun-Shevchenkivskyi was found Sunday in a forest about 150 kilometres outside Kyiv.

- Vasily Sergiyenko, who played an active role in protests that led to president Viktor Yanukovych's ouster, was found with stab wounds and signs of beatings to his head and knees.

CHEVROLET
FUELED UP EVENT
SAVE MORE WITH A GAS CARD
ON OUR MOST FUEL EFFICIENT LINEUP EVER**
0% ON 2014 EQUINOX MODELS
PURCHASE FINANCING FOR UP TO 72 MONTHS‡
LEASING FOR UP TO 48 MONTHS†
PLUS 40¢ OFF/LITRE GAS CARD¥ ON ALL 2014 MODELS
OFFERS END MARCH 31ST
2014 EQUINOX LS FWD AIR & AUTO
FULLY LOADED WITHOUT UNLOADING YOUR WALLET
LEASE FROM:
$139 AT 0%
BI-WEEKLY FOR 48 MONTHS† WITH $1,999 DOWN. BASED ON A PURCHASE PRICE OF $27,745.* OFFER INCLUDES FREIGHT & PDI.
- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- BLUETOOTH® WITH USB
- POWER WINDOWS, LOCKS & REMOTE KEYLESS ENTRY
- BEST-IN-CLASS REAR SEAT LEGROOM*†
- SIRIUS XM RADIO™
- BETTER HWY FUEL ECONOMY THAN ESCAPE, RAV4 & CRV¥¥

PLUS ELIGIBLE OWNERS RECEIVE A SPRING BONUS UP TO $1,500‡‡
ASK ABOUT OUR†† NO-CHARGE LEATHER PACKAGE

CHEVROLET
COMPLETE CARE
2 YEARS/40,000 KM COMPLIMENTARY OIL CHANGES^^
5 YEARS/160,000 KM POWERTRAIN WARRANTY^
5 YEARS/160,000 KM ROADSIDE ASSISTANCE^
ALBERTACHEVROLET.COM

ON NOW AT YOUR ALBERTA CHEVROLET DEALERS. AlbertaChevrolet.com 1-800-GM-DRIVE. Chevrolet is a brand of General Motors of Canada. * Offers apply to the purchase, finance and lease of a 2014 Chevrolet Equinox LS FWD (1SA/K05) equipped as described. Freight ($1,600) and PDI included. License, insurance, registration, administration fees, PPSA and taxes not included. Dealers are free to set individual prices. Limited time offers which may not be combined with other offers, and are subject to change without notice. Offers apply to qualified retail customers in Alberta Chevrolet Dealer Marketing Association area only. Dealer order or trade may be required. **Based on GM testing in accordance to Government of Canada test methods. ‡ 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank or RBC Royal Bank for 72 months on new or demonstrator 2014 Equinox. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $10,000 at 0% APR, the monthly payment is $139 for 72 months. Cost of borrowing is $0, total obligation is $10,000. 0% financing offer is unconditionally interest-free. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. † 0% for 48 month lease available on 2014 Equinox based on approved credit by GM Financial. Tax, license, insurance, registration, applicable provincial fees, and optional equipment extra. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. Monthly payments may vary depending on down payment/trade. Example: 2014 Equinox LS FWD including Freight and Air Tax is $27,745 at 0% APR, with $1,999 Down payment, Bi-Weekly payments are $139 for 48 months. Total obligation is $16,475 plus applicable taxes. Option to purchase at lease end is $11,270. ¥ Retail and basic fleet customers who purchase or lease an eligible Chevrolet delivered from dealer stock between March 1, 2014 and April 30, 2014 will receive one 40¢ savings per litre fuel card (fuel savings card) upon payment of an additional $.01. Cards valid as of 72 hours after delivery. Fuel savings card valid for 800 litres of fuel purchased from participating Petro-Canada retail locations (and other approved North Atlantic Petroleum locations in Newfoundland) and not redeemable for cash except where required by law. GM is not responsible for cards that are lost, stolen or damaged. GM reserves the right to amend or terminate this offer and/or the program for any reason in whole or in part at any time without notice. Petro-Canada is a Suncor Energy business™ Trademark of Suncor Energy Inc. Used under license. Cards are property of Suncor Energy. To protect your card balance, register online at www.petro-canada.ca/preferred today. ‡‡ Offer valid from April 1, 2014 to April 30, 2014 (the "Program Period") to retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible vehicle that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive a $750 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet model delivered during the Program Period. Retail customers resident in Canada who own or are currently leasing a 1999 or newer eligible Pontiac, Saturn, Saab, Oldsmobile, Cobalt and HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six months, will receive $1500 Spring Bonus credit towards the lease, purchase or finance of an eligible new 2013/2014 Chevrolet model delivered during the Program Period. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $750/$1500 credit includes HST/GST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership for the previous consecutive six months. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details. ▼ Based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. *† Comparison based on 2012 Wards segmentation: Middle/Cross Utility Vehicle and latest competitive data available, and based on the maximum legroom available. Excludes other GM brands. ¥¥ 2014 Chevrolet Equinox FWD equipped with standard 2.4L ECOTEC® I-4 engine. Comparison based on Natural Resources Canada's 2014 Fuel Consumption Guide. †† 2014 Equinox 2LT equipped with the True North Edition are eligible to receive an $800 MSRP credit equal to the MSRP of the Perforated Leather Seating Option (AFL/AFN/AFM). Dealer Trade or Factory order may be required. Offer available to units purchased/delivered from March 1 to April 30, 2014. + The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ^^Whichever comes first. Limit of four ACDelco Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ^Whichever comes first. See dealer for details.

Are pot stocks a toke, er, joke?

HOW TO ROLL
Alison Griffiths
metronews.ca

I couldn't resist this headline. "You'd have to be a dope to buy marijuana stocks." That's American journalist and entrepreneur Cody Willard's take on the cannabis stock express.

Willard, like many market pundits, urges caution as companies pile in to capitalize on the legalization of recreational pot in Colorado and Washington.

Virtually everyone considers the cannabis industry too young to qualify as a sound investment or even a reasonable speculation. Then there are all the ne'er-do-wells who chase trends like cannabis to make big bucks from the gullible.

This doesn't mean the marijuana industry won't become a solid investment prospect one day. But currently there are a number of problems with inviting pot into your portfolio.

Trading

Marijuana stocks such as Advanced Cannabis Solutions (CANN), Hemp Inc. (HEMP) and GrowLife (PHOT) mostly trade on informal over-the-counter (OTC) exchanges or bulletin boards. This means trading volume can be highly erratic, and while it's usually possible to buy these stocks through most discount and full-service brokers, selling them is a different matter.

When cannabis stocks make it onto formal exchanges such as NASDAQ, the industry will be mature enough to provide the liquidity necessary to make getting out as easy as getting in.

The Security and Exchange Commission, which regulates the U.S. financial industry, has just suspended trading in Advanced Cannabis's stock, citing suspicions of insider trading. Last month, the company announced an agreement with unnamed Canadian investors for a startup company to serve the medical-marijuana market here.

Diligence

Over-the-counter exchanges do not require the transparency and accounting diligence of the major, formal exchanges, such as the Toronto Stock Exchange or NASDAQ.

Can you make a lot of green from stocks from the green stuff? Maybe, but it's still early days. ED ANDRIESKI/THE ASSOCIATED PRESS FILE

Wait a minute, you say, what about Enron, WorldCom, Bear Stearns and our own darling, Bre-X? Weren't those scandalous companies listed on major stock exchanges? Exactly! So what chance do regular folk have in evaluating OTC pot stocks?

The law

Chances are, the marijuana laws throughout most of the developed world will one day seem as quaint as Prohibition does in 2014. But right now growth in cannabis sales rests with the recreational user. Despite the reforms in Colorado and Washington, marijuana for fun is illegal at the federal level in the U.S. and virtually everywhere else. That severely limits the cannabis market in the short term.

The bottom line? Your dollars can go up in smoke as quickly as a reefer. Be cautious.

Another sale in aisle four. Low, low grocery store prices a good deal, for now

The grocery price wars that have pushed a kilogram of bananas below the price of a chocolate bar may be good news for consumers' wallets, but those who watch the industry see a race to the bottom that may leave shoppers with less selection and dwindling customer service.

The grocery wars got a boost this past year as U.S. giant Target entered the Canadian market, forcing Walmart to up its game in the grocery department, and spurring a new wave of consolidation involving heavyweights such as Loblaw and Sobeys.

The sheer size of the new giants weakened the negotiating position of suppliers. THE CANADIAN PRESS

Canadian behemoths

- Last year, Sobeys bought Safeway Canada in a $5.8-billion deal.
- In March, Loblaw Co.'s $12.4-billion purchase of Shoppers Drug Mart Corp. was approved, adding roughly 2,300 corporate, franchised and associate-owned stores and 1,800 pharmacies to its portfolio.

Canadian CEO group

Largest firms say they pay fair share

Canada's largest firms want it known that they are indeed paying their fair share of taxes, even if governments have slashed corporate rates to new lows.

The Canadian Council of Chief Executives issued survey results suggesting when all taxes are included, the companies paid on average 33.4 per cent of profits in taxes in 2012. THE CANADIAN PRESS

Nigeria's huge GDP knocks South Africa from top spot

Nigeria's recalculated economy is worth $510 billion US, by far the biggest in Africa, officials announced Sunday as part of a long overdue recount that gives the West African nation continental bragging rights but does little for the 70 per cent of its citizens living in poverty.

The new estimate of Nigeria's GDP adds previously uncounted industries like telecommunications, information technology, music, airlines, burgeoning online retail outlets and Nollywood film production that didn't exist when the last GDP count was made in 1990. Then, there were 300,000 landlines. Today, Nigeria has 100 million cellphone users.

A woman shops for Nollywood DVDs in Nigeria. Nollywood film production has helped boost Nigeria's GDP. SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

With one fell swoop, Nigeria knocked out of the ring South Africa, whose GDP of $353 billion US was previously counted the biggest on the continent, winning it a place as the only African member of the G20. THE ASSOCIATED PRESS

NEED MONEY?
$300 - $1500
• No credit checks
• No upfront fees
CALL NOW!
1-866-499-5629
WWW.MYNEXTPAY.CA

McConachie
15 SHOWHOMES
VISIT TODAY
WWW.MCCONACHIE.CA

RBC
TOP25 CANADIAN IMMIGRANT Awards
IT'S TIME TO VOTE!
Hundreds of nominations were submitted from across the country, telling incredible stories of Canadian immigrants who have made an impact since their arrival. Like our past winners, their achievements are inspiring.
Our judges have narrowed it down to the final 75. Now it's your turn to help choose the RBC Top 25 Canadian Immigrant award winners for 2014.
Vote today to support Canadian Immigrants and their contributions to Canada.
Visit: canadianimmigrant.ca/rbctop25
Michelle Jean 2009 Winner
Ian Hanomansing 2010 Winner
Zulma Wesse 2011 Winner
Bing Thom 2012 Winner
Aleksandra Kostelka 2013 Winner
Title sponsor: RBC Royal Bank
Presented by: CANADIAN IMMIGRANT
Associate sponsor: CHEVROLET
Media sponsors: metro Focus

NO REAL BENEFIT TO HOST CITY

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

Some years ago, I was asked to help develop a presentation on the intangible benefits of hosting major events like the Commonwealth Games. My first question was: "If the benefits are intangible, how exactly are you measuring them?"

The question was not well received. The client's representatives seemed a little annoyed I had the temerity to ask. The answer was that the intangibles were all about pride, momentum, awareness and so on. I didn't think it was a good idea to articulate my second question: "How exactly did you measure increases in those things?" And no information related to that question was forthcoming.

I really wanted to understand how the client arrived at its decision and to determine what data it had that supported its claim the intangible benefits were significant and important. It became clear the client thought a communications consultant's job was only to listen, take lots of notes and come back with something shiny and pretty that matched up with its positions and assumptions. Echo-sulting is not my long suit, but hey a guy has to make a living.

Creating the presentation involved a lot of research. I looked at reports from areas that had hosted everything from the Olympics and major track events to international trade fairs and expositions. Instead of making things easier, my research made things more difficult. It showed there really weren't any real and lasting benefits intangible or otherwise.

The legacy facilities touted as a major benefit often became an economic drain on the areas where they were built. They more than cancelled out the real or imagined economic benefits that are supposed to come with a major event. That surprised me since every event of this type is wrapped in assertions that the economic spinoffs are huge.

Fix what we have now before building more

The city's debt load and the fact no federal money will be forthcoming for this bid should encourage all of us to let our civic representatives know that what we really want is for the city to fix up what it has now and not build more castles in the air.

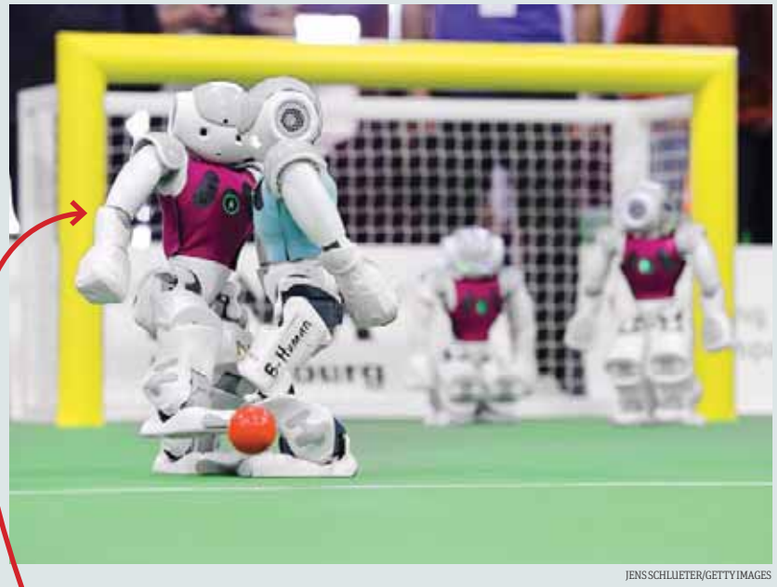
It's important to remember that the real legacies of the 1978 Commonwealth Games were an LRT that went in the opposite direction to where the city was growing and a nice home for a professional football team.

The city's debt load and the fact no federal money will be forthcoming for this bid should encourage all of us to let our civic representatives know that what we really want is for the city to fix up what it has now and not build more castles in the air.

And who was my client? The City of Edmonton. And no, I didn't sign a confidentiality agreement.

ZOOM

Look out, Cristiano Ronaldo



JENS SCHLUETER/GETTY IMAGES

RoboCup kicked off in Germany

Two teams of robots play against each other in the 2014 RoboCup German open tournament over the weekend in Magdeburg, Germany.

The robots, which are models called Nao from Aldebaran Robotics in France, perform autonomously and communicate with one another via Wi-Fi. There were 950 participants from 12 countries participating in the three-day tournament and they competed in a variety of disciplines, including soccer, rescue and dance. GETTY

Participants check out robots at the 2014 RoboCup. GETTY IMAGES

What about World Cup?

- **Dystopian future.** The aim of the RoboCup is to create a team that will be able to defeat the best human players by 2050.
- **Not all fun and games.** The technology used will be transferred to more useful applications after the tournament, such as search and rescue.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...

DOWNLOAD METRO NEWS APP | FILL SCREEN WITH IMAGE TO SCAN | METRO AR IMAGE JUMPS TO LIFE

metro AR

In this issue, you can find AR enhancements on pages 10-11 in News, page 15 in Scene, and page 25 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

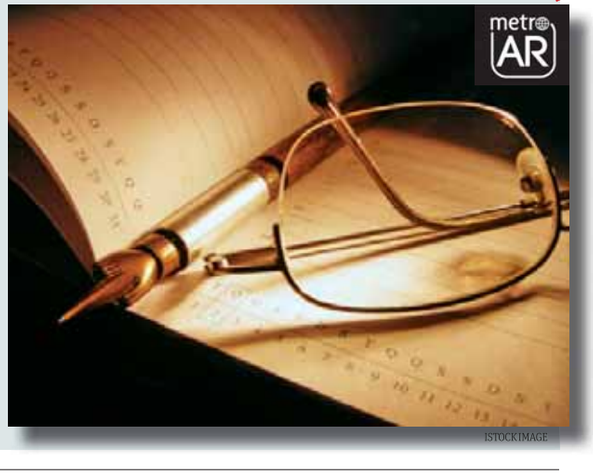
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

One Vine account worth watching

ANDREW FIFIELD
metronews.ca

Armed with little more than paper, pen and a killer Morgan Freeman impression, there are few Vine accounts more reliably funny than the bizarre and fearsomely clever MCandFriends. We've compiled a short highlight reel of our favourite MC animations. Or follow @MCandFriends.



ISTOCKIMAGE

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Edmonton** Darren Krause • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Cheryl Skogg • **Distribution Manager** David Mak • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative and Marketing Services** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO EDMONTON** Suite 2070, 10123 - 99 Street Edmonton, AB T5J 3H1 • **Telephone:** 780-702-0592 • **Fax:** 780-701-0356 • **Advertising:** 780-702-0592 • adinfoedmonton@metronews.ca • **Distribution:** edmonton_distribution@metronews.ca • **News tips:** edmonton@metronews.ca • **Letters to the Editor:** edmontonletters@metronews.ca

See that symbol? It means you can scan the photograph below with your Metro News app to see a gallery of scenes from the new film Oculus.

Ebooks

The Massey Lectures

By. House of Anansi Press

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

This iPad art book elegantly packages the recordings and transcripts of the CBC series into an eBook collection where fans can take notes, join online discussions, and access free interviews. Among the first six speakers presented are the captivating Lawrence Hill, Margaret Atwood, and Neil Turok. Also among them is Margaret Somerville, a stumble in the otherwise brilliant series.

Television

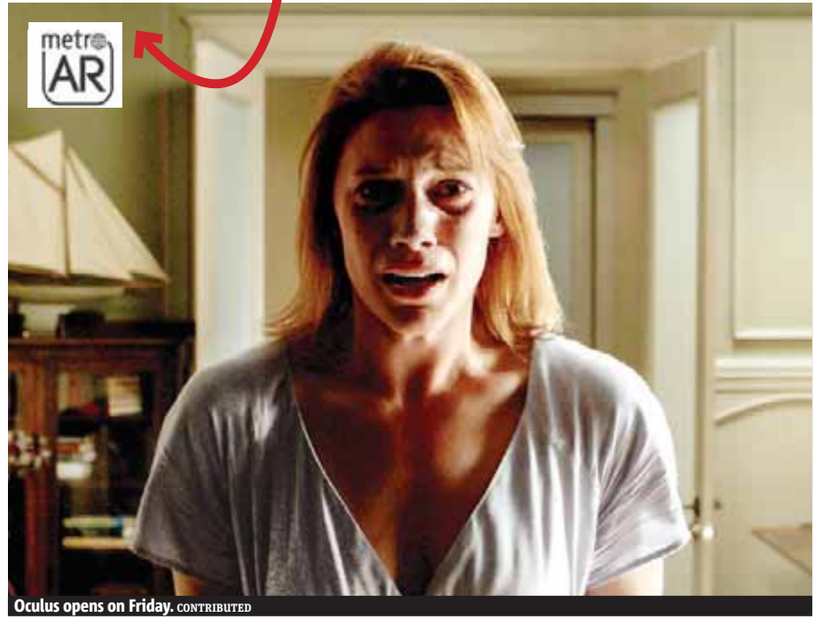
The Simpsons just keep on going

There will be no more Simpsons movies, insists executive producer Al Jean. But he says the show, which has been on the air for 25 years, isn't getting cancelled any time soon and could conceivably go on for decades. "In show business you always treat every day as your last, but we're guaranteed through 26 (seasons)," he said.
THE ASSOCIATED PRESS

Director reflects on his horror hang-ups

Mirror, mirror. The man behind Oculus can't figure out the origins of his fascination with the freaky

CHRIS ALEXANDER
scene@metronews.ca



Oculus opens on Friday. CONTRIBUTED

The concept of a haunted mirror is nothing new in dark fantasy entertainment. Snow White's evil Queen took some not-so-sage advice from one, and horror films like The Boogeyman and Mirrors have also exploited the concept to varying effect. But the genre has never seen a looking glass as malevolent as the one that hangs on the wall in Mike Flanagan's much buzzed about creeper, Oculus.

Oculus is the followup to director Flanagan's unnerving low budget horror hit Absentia. And like that meticulously designed, grim fable, Oculus uses the supernatural to tell a story of domestic breakdown. In it, a brother and sister come together to destroy a monstrous antique mirror that they believe unleashed hell into their childhood.

The film is terrifying, mysterious and emotionally affecting — especially when dealing with the miseries of home — leading many viewers to question if the director's films are some kind of personal mirror themselves.

"Not at all," Flanagan chuckles.

"My childhood was very great. Probably the safest and most normal of middle-class military families. So I don't really know where all this comes from, because I kind of think of myself as a pretty happy-go-lucky guy and then people come out of the movies and say, 'What's wrong with you?!'

"Maybe watching and making movies are a playground to exorcise any demons that might be there. Movies keep me happy, I guess."

There's nothing happy about Oculus, however. The film is most assuredly a tragedy, albeit one goosed by the gimmick of evil vanity portals and relentless dread. It's a master class in slow-burn atmosphere and craft, and yet nothing in Flanagan's extensive background even hints that such a deft filmmaker would ultimately emerge, so ripe is his resumé with quickie TV potboilers and tired reality shows.

"When I finished the short that Oculus was based on in 2005," says the filmmaker, "it was the first thing I was really proud of, the first thing that felt that there was a voice to it.

"Before that, I was jumping from one reality show to another and at the end of the day I felt I was contributing to making the world stupider.

"But that kind of work taught me a ton about editorial storytelling and informed me as a writer and editor and I'm ultimately really glad I had that background. Otherwise, I don't think I'd be where I am now."

Elaine Lui's mother really does know best

As the voice behind the hit Canadian blog Laineygossip.com, famed star watcher and TV personality Elaine Lui is revered for salty scrutiny and juicy scoops on all things celebrity. But with her new memoir — Listen to the Squawking Chicken: When a Mother Knows Best, What's a Daughter to Do? — the witty writer turns the analysis on herself and her relationship with her strong-willed mom, who parlayed a challenging childhood into a determined attitude that she imparted on her prolific daughter.

The indefatigable co-host of CTV's daytime talk show The Social and reporter for entertainment program eTalk says she wrote the book for her mother, Judy Yeung. Yeung was recovering from a rare syndrome known as POEMS and Lui hoped it would give her something to look forward to. It wasn't until Lui read each chapter aloud for the audio book version that she realized the writing process — which up to that point had been more intensely technical than emotional — also had a big impact on herself.

"It was surreal because when I was reading it out loud for the audio book, I was almost reading somebody else's book," Lui, 40, said. "It's a really weird, bizarre experience, and so that's when I started to appreciate my relationship with my mother from a weird angle."

One section in particular really hit her — the moment when she tells her ailing mother: "Your life has sucked over and over again. Where is the high that can balance out those lows?" to which her mother replies, "What the hell do you think you are? Every Tiger has a roar. You are my roar."
THE CANADIAN PRESS

Elaine Lui says reading the book she'd written about her relationship with her mother made her appreciate it from a different angle. THE CANADIAN PRESS

How a dog walk shaped Game of Thrones

Twist of fate. Vancouver-based cinematographer went out for a stroll — little did he know it would turn into an Emmy

A scene from the Game of Thrones episode The Rains of Castamere, more commonly known as the Red Wedding. Canadian Robert McLachlan was director of photography for the infamous episode. CONTRIBUTED

It was a fortuitous event involving a dog, a pilot and an old friend that got Canadian cinematographer Robert McLachlan behind the camera with Game of Thrones, the medieval fantasy series that has returned for a fourth season on HBO.

The long-time Vancouver resident was out walking the family pooch a year or so ago when he bumped into David Nutter, a Los Angeles-based director famed for his success at directing TV pilots. Nutter was in the city shooting the pilot for a new superhero adventure series, Arrow.

McLachlan, who has an extensive career in commercials, TV and feature films, had previously worked with Nutter on Millennium, the sci-fi series by X-Files creator Chris Carter.

"I just jokingly said, 'Hey, get me on Game of Thrones, will ya?' And as it turned out, there was an opening," McLachlan recalled.

Not only did McLachlan get to work on the series that is wildly popular with critics and fans alike, he was director of photography for the final two episodes of Season 3, including the infamous The Rains of Castamere — dubbed the Red Wedding episode by rabid fans — and the finale Mhysa, for which he received an Emmy nomination.

He told The Canadian Press he considers the Red Wedding his "pièce de résistance." "I didn't want to telegraph that anything bad was going to happen. I wanted the audience to think they were going to get their Disney ending to the wedding scene and worked a lot of lighting cues into it to sort of lead the viewer astray so that when we pulled the rug out, they'd go down really hard."

Quoted

"Logistically, there's never been a television show that's come anywhere close to the scope or scale of this, or the complexity."

Cinematographer Robert McLachlan

McLachlan is also director of photography for two episodes in the much anticipated fourth season.

Game of Thrones is among the most ambitious series ever filmed, featuring a cast that numbered 257 in Season 3 as well as thousands of extras.

The series, which reportedly costs $6 million an episode, regularly shoots in locations beyond its main studio space in Northern Ireland, including Iceland, Morocco and Croatia.

To say the least, the series is a major logistical challenge, McLachlan said.

"Normally on a series, one or at most two cinematographers will shoot the whole series. That way, it's easy to keep some visual continuity," McLachlan noted. "On this series, it's so big and all 10 episodes (per season) shoot at the same time. So what they do is they team a cinematographer with a director and an assistant director ... and we shoot different bits of different episodes completely out of order and in many different places," McLachlan said.

"Logistically, there's never been a television show that's come anywhere close to the scope or scale of this, or the complexity."

Add to that a tight shooting schedule, limited to 10 hours a day in Northern Ireland, compared with 12 to 14 hours in most other jurisdictions.

"We had a huge scene to shoot in Croatia with thousands of dressed (costumed) extras and we had one day to do it. You really have to have your ducks in a row and be ready to roll once everybody is in place. It's pretty stressful. Mind you, it's also really exciting and inspiring," McLachlan said.

TORSTAR NEWS SERVICE

YOU COULD WIN

A Trailer Park Boys Prize Pack to celebrate the release of TRAILER PARK BOYS DON'T LEGALIZE IT

Including:
- A Pass for two to see the movie
- A complimentary 6 month Netflix membership
- A Trailer Park Boys Game

Visit clubmetro.com to enter

eone entertainmentone NETFLIX VISIT clubmetro.com TO ENTER

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

McConachie

Buying a home in McConachie lets you have it all, a brand new house, a northeast community with established amenities and a quick connection to everything you need.

15 SHOWHOMES

VISIT TODAY

WWW.MCCONACHIE.CA

Walton™ APPRECIATE THE LAND

James Franco ALL PHOTOS GETTY IMAGES

Franco has some 'splainin' to do after underage fan leaks his flirty DMs

James Franco is feeling more than a little red in the face after a 17-year-old Scottish girl leaked direct messages and texts from the 35-year-old actor as he tried to woo her during a recent visit to New York. "I'm embarrassed, and I guess I'm just a model of how social media is tricky," Franco said during a visit to Live! With Kelly and Michael when the incident came up. "It's a way people meet each other today. But what I learned because I'm new to it is you don't know who's on the other end. I used bad judgment. I learned my lesson." The messages show Franco attempting to set up a meeting with the young woman, offering to rent himself a room in her hotel. "Not only do I have to go through the embarrassing rituals of meeting someone, sometimes if I do that then it gets published for the world, so no, it's doubly embarrassing," he said.

Depp crushes fantasies, claims he's no savage

Johnny Depp isn't taking rumours that fiancée Amber Heard might be knocked up lying down. Reports surfaced recently suggesting that the couple's sudden decision to marry was motivated by a baby on the way, but Depp himself seemed shocked by the idea when the "Today" show's Savannah Guthrie asked him about the rumour. "Good God, what do you think I am, a savage?" Depp responded. "No, it's not a shotgun affair."

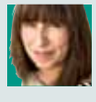
Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Juan too many? Drinks tossed at ex-Bachelor



STARGAZING
Malene Arpe
scene@metronews.ca

This week in incoherent rage: 1) Fans of How I Met Your Mother lost their minds over the series finale. 2) Ex-Bachelor Juan Pablo Galavis had two drinks thrown at him at an Atlantic City club event. 3) Johnny Weir had a crying fit when told he has to sell his Fabergé egg so that the proceeds can be divided with his ex-husband.

Lindsay Lohan says she was this close to being cast in the new Avengers movie. So they are adding the character of Lore-liar.

Halle Berry denies rumours she and husband Olivier Martinez are fighting and calls him "delicious." Holy coincidence! That's exactly what the leader of Terminus said about Rick Grimes.

This week in abject disappointment: 1) A woman spent some $25,000 on six surgeries to make herself look like Jennifer Lawrence and ended up looking nothing like Jennifer Lawrence. 2) Kris Jenner will not pose naked for Playboy. 3) Elle Macpherson says her secret to looking great at 50 is "Love, laughter and my super greens." It's always kale isn't it?

Ariana Grande

Grande denies Sam & Cat fight over salaries with co-star McCurdy

Are Ariana Grande and Jennette McCurdy feuding? The writing is sort of on the wall: Despite being the most popular series on Nickelodeon, their show Sam & Cat has yet to receive a second season pickup, so something must be going on behind the scenes. The two young actresses, who both started out as second bananas on other Nick sitcoms, are at very different places in their careers now: Grande is a rising pop star who's being positioned as the new pre-twerk Miley Cyrus, while McCurdy is, well, on Sam & Cat. Rumour has it that McCurdy is angry that Grande has a much higher salary than she does. Grande, however, has taken Twitter to deny that she and McCurdy are feuding over money — in fact, she says they make the same amount.

Twitter

@ChrisEvans
Releasing your film on Robert Downey Jr's birthday has to be a good sign.

@GarryShandling
There may be nothing sadder than a crying cheerleader.

@kirstiealley
Getting uber excited about our future together.. we're gonna have some fun YALL!!!

BAD CREDIT?
NO CREDIT?
I CAN HELP!
You Deserve It!
I Guarantee It!

2008 CHRYSLER SEBRING CONVERTIBLE, 85000KM, V6
#4CK9509A
$13,999
or $127BW

2007 DODGE NITRO SLT, LEATHER, SUNROOF #4R18240A
$12,999
or $119BW

2010 ELANTRA, ONLY 64,000KMS
#EN3362A
$9,999
or $79BW

Brad McDonald

SHERWOOD DODGE
CHRYSLER JEEP RAM MOPAR

Call BRAD 780.951.1657
Yellowhead & Broadmoor, Sherwood Park

*All Prices And Payments + GST. Eg. 2010 Chev Cobalt, #4JN1325A $7,999.00 for 72 months @5.99% is $65 biweekly +GST. C.O.B = $2035. Vehicles may not be exactly as illustrated.

AMVIC

LIFE 3

Switch and bank chunk of change

Call to account. To save bucks, find a bank that suits your needs

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Are you still paying outrageous fees or settling for next to no interest on your bank accounts? Wuzzup with that? Loads of Canadians keep their money in A Big Bank, earning a pittance in interest and paying liberally for service. And some make matters worse by not managing their money properly so they're constantly in overdraft, bouncing cheques, or using banking machines like wallets and paying big-time for the "convenience."

When I ask people why they're willing to settle for 0.25 per cent in interest on their savings instead of getting the 1.3 per cent or 1.8 per cent available elsewhere, they tell me changing banks is such a hassle. "C'mon, Gail," they say, a whine in their voice, "all that work for such a lousy interest rate." So if you saw a $20 bill sitting in the middle of the sidewalk you'd step over it?

Seriously, would you step over it?

One of the main reasons people won't switch accounts is laziness. It takes work to make the switch. If you have pre-authorized debits, it can feel like torture trying to get them all switched over. But if all that's standing between you and an account that pays decent interest without exorbitant fees is laziness, you don't have the right to complain about your bank ev-ah!

Make a list of the things you actually need on your bank account, like writing cheques, before you shop around. ISTOCK

Found your new bank? Follow these five steps to make the switch as painless as possible

1. **Open the new account and get all the information you'll need like the account number, your branch number, and the like.** If you're using cheques, order some.
2. **List your auto-transactions.** What's being automatically deposited or withdrawn from your old account? Look over your past few statements and make your list.
3. **Reconcile your account.** You have to account for every penny so you don't have any nasty surprises during the transition. Those six post-dated cheques to the music teacher will bounce sky-high if you close the account without telling her and replacing her cheques.
4. **First switch over all deposits and then switch over the withdrawals.** That way there will be money in the new account when withdrawals start.
5. **Leave the old account open for about two months with some money in it to catch any missing deposits or withdrawals.** Don't worry about the balance in the old account just sitting there wasting time. It's protecting you from the aggravation caused by a poor memory. Be patient and when there's been no activity for a month, consider yourself in the clear and close the old account.

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

Start by making a list of the things you actually need on your account. Do you write cheques? How often do you go to the banking machine? (If you're going more than once a week, you're using the ATM as a wallet, so stop.) How many swipes of your debit card do you do in a month? Do you travel a lot and require easy, cheap access to your money when you're on the road?

Once you know the services you need, it's time to go shopping to compare prices and features. You can hit the pavement, let your fingers do the walking, or head on over to the Financial Consumer Agency of Canada's website and use the interactive tool to narrow down the alternatives.

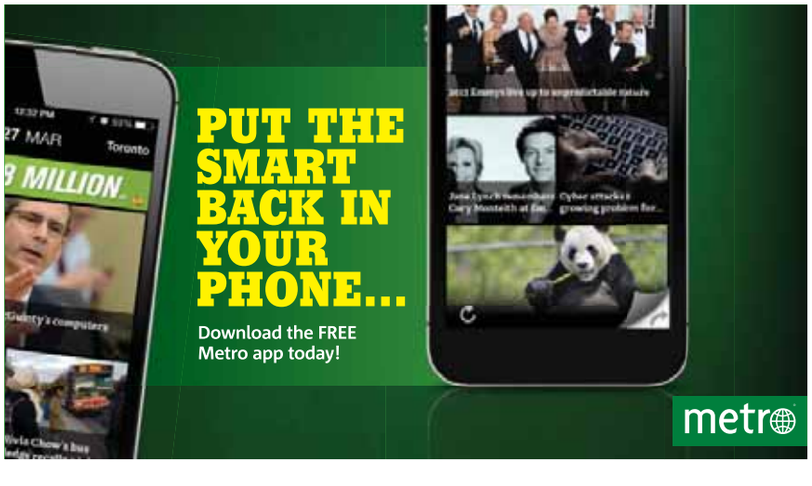
Be honest about how you use your accounts. And know the difference between chequing accounts and savings accounts. Some banks have what they call a "chequing/savings." If all you need is a savings account (which is free) don't get talked into buying an account with features you might need with service charges you will pay.

Don't stay stuck using a bank account that doesn't serve your needs because of a sense of loyalty or because you're too bone lazy to make a change to a better option. You work hard for your money. You should expect your bank to treat it with respect. Don't settle. Demand a better deal and if you can't get it where you're currently banking, move your money.

Branch out

Tired of less-than-stellar service? Want to deal with a branch that has your best interest at heart? Ready to reduce your costs and increase the interest you're earning?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.



When cash is part of the curriculum

The Work Colleges. Institutions across the United States are tackling student debt woes by making working during school a requirement

What would it mean to you — or what would it have meant — to graduate from post-secondary school without a penny owed? ISTOCK

Many students spend years after college working off tens of thousands of dollars in school debt. But at seven "Work Colleges" around the United States, students are required to work on campus as part of their studies — doing everything from landscaping, growing and cooking food to public relations and feeding farm animals — to pay off at least some of their tuition before they graduate.

The arrangement not only makes college more affordable for students who otherwise might not be able to go, it also gives them real-life experience, teaches them responsibility and how to work together, officials said.

"I love it," said Melissa Eckstrom, of Philadelphia, who is an assistant garden manager at Sterling College in Craftsbury, Vt., where she's studying sustainable agriculture.

"It's really satisfying to work in the garden and do all this hands-on, you know, dirty work — and I go to the kitchen and sit down for a meal and I'm like, I grew this. It can't get more full circle than that."

With rising college costs and a U.S. national student loan debt reaching more than $1 trillion, "earning while learning" is becoming more appealing for some students. The work college program is different than the U.S. federal work study program, which is an optional voluntary program that offers funds for part-time jobs for needy students.

But at the seven so-called Work Colleges — Sterling College, Alice Lloyd College in Pippa Passes, Ky., Berea College in Berea, Ky., Blackburn College in Carlinville, Ill., College of the Ozarks in Lookout, Mo., Ecclesia College in Springdale, Ark., and Warren Wilson College in Asheville, N.C., — work is required and relied upon for the daily operation of the institution, no matter what the students' background. The students are then evaluated on their performance.

"It's a core component of the educational program," said Robin Taffler, executive director of the Work Colleges Consortium.

"It does not differentiate between those that can afford to pay for their education, from those that must work to cover their educational costs. And that's a big deal. No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job," she said.

Eckstrom works up to 100 hours a semester at $11.10 an hour, so the pay helps with her school costs, she said. She also gets tuition credit for coming a week early for training before the start of the school year.

"It's all very helpful," said Eckstrom, 23, who said she probably couldn't have afforded to attend a school like Sterling otherwise.

THE ASSOCIATED PRESS

What does labour do for learners?

- **The Work Colleges Consortium reports that 75 per cent of graduates agree their college work helped prepare them for their first job and 84 per cent said it helped them to get along with people with different attitudes and opinions.** Seventy-five per cent of graduates agreed that their work experience helped them to understand the importance of service to others and 86 per cent said it helped them to appreciate the value and dignity of work, the consortium said.

We're all in this together

"No student can buy their way out of this work program. So this essentially levels the playing field because everybody is doing a job."

Robin Taffler
Executive director of the Work Colleges Consortium

'Round the world wisdom

The mess will be minimized when you start with the man in the mirror

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Have you ever heard yourself whine or complain? We are all relatively intolerant of people who indulge in this behaviour, but how frequently do we look in the mirror and apply the same intolerance to ourselves?

During my preparation for the Gobi, I set up a "war room" and used a whiteboard to deconstruct all the components of my training regime, including a section to focus on my mental preparation and toughen up mentally. What showed up instead were all the grievances that were appearing as I trained. During the prep, more than one hundred complaints surfaced. I wrote them down for my family and me to see.

Over time, the intended outcome materialized: The more I looked at the board, the more I got sick and tired of reading about a grown man complaining.

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself.

And then, the complaining just … ceased. If it reared its ugly head, I laughed, dismissed it and moved on rather than giving it any importance — or worse, giving it a life force that could derail me.

Any big project will invariably entail breakdowns along the way, including self-doubt and complaints. The key to overcoming these obstacles lies in our ability to bounce back, hopefully bounce forward, and over time, to lessen the frequency with which our very own unproductive "voice" comes calling. And few things are more powerful than looking in the mirror to deaden the voice.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Comedy in the complaints

As I neared the end of this exercise, I could actually find humour in my whining, sometimes laughing out loud at myself. And then, the complaining just … ceased.

If the voice in your head is telling you that you can't, speak your worries aloud to realize they are both small and solvable. ISTOCK

WE CHANGE LIVES!
Success is **closer** than you think.

"I never really felt the traditional learning style was effective for me. I found the Integrated Learning™ System used by the Academy of Learning Career College enabled me to learn so much more. Academy of Learning Career College gave me the skills and confidence I needed to get exactly the type of job I was looking for."

BE JOB READY IN 6 TO 12 MONTHS

Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

CENTRAL (780) 424-1144
SOUTH (780) 433-7284
WEST (780) 496-9428

@AlbertaAOL academyoflearning.ab.ca

ACCOUNTING LEGAL TECHNOLOGY BUSINESS HEALTHCARE

ADVERTISING SALES REPRESENTATIVE

Metro Edmonton is seeking an aggressive, results-oriented
ADVERTISING SALES REPRESENTATIVE.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives.

Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than April 18, 2014.

PLEASE QUOTE: "ADVERTISING SALES REPRESENTATIVE — Edmonton" in the Subject Line. All submissions will be treated as confidential.

metro

Should your boss let you nap at the office?

Getting serious about siesta. Author says that having a little doze at your desk could in fact be good for productivity

EDWARD THOMPSON
Metro World News

Our failure to unplug from computers and smartphones before bed is causing a dramatic rise in sleeplessness, a study by the University of Hertfordshire, England has revealed.

Professor Richard Wiseman, one of the academics behind the research, found that two thirds of Brits are now getting less than seven hours sleep. This sleeplessness not only has an effect on day-to-day functioning and work productivity, but is putting people at an increased risk of heart attacks, diabetes and cancer.

However, there is some good news for those of you who are guilty of dropping off at your desk, as Wiseman states that a short afternoon nap can increase cognitive sharpness in his new book Night School: Wake Up to the Power of Sleep.

Wiseman explains to Metro why we all need to shut down at night and why Mr. Sandman shouldn't be shunned from the office.

Grab some Z's, if you please

> "Around 20 minutes is good because it's a light sleep and a six-minute nap can clear your head. Employers don't like it but you'll see a rise in productivity because people are a lot more focused."
>
> **Professor Richard Wiseman**
> Author of Night School on naps at the workplace

How is technology detrimental to a good night's sleep?

Devices emit a light that falls towards the blue end of the spectrum, which disrupts the production of a hormone called melatonin that makes you feel sleepy. Blue light has a very negative effect on the hormone, so people should avoid computers, tablets and smartphones an hour or so before going to bed.

Is sleeplessness on the rise?

Yes, certainly in the U.K. Two thirds of the population are counted as sleep-deprived (under seven hours per night). A year ago that was a round 40 per cent, so there's been a 20 per cent increase, which we're putting down to smartphones and tablets.

Why is it better to read a book before bed?

TVs, like computers, give off a blue light, so you're better off reading something not very exciting in a low-ish light.

What are the benefits of a power nap?

There are huge benefits. We're designed to nap at one or two in the afternoon. It's important to avoid sleeping for more than 90 minutes because that disrupts your sleep at night. Around 20 minutes is good because it's a light sleep and a six-minute nap can clear your head. Employers don't like it but you'll see a rise in productivity because people are a lot more focused.

You also collated data on the most common dreams among participants, so which celebrity popped up most among dreamers?

On our dream database George Clooney was particularly popular among women. One woman, who would dream about him, was having this ongoing and elaborate affair.

The blue light emitted by computers, tablets and smartphones can disrupt your sleep. Better to turn devices off an hour before going to bed. ISTOCK

BUILD YOUR SKILLS

Explore your interests and build your skills with NAIT part-time evening and week-end spring course offerings. Choose from a variety of short, hands-on do-it-yourself classes. Whether you are looking at home improvement, want to develop new skills or just exploring a new hobby, you'll find your fit at NAIT.

Finish Your Basement – Electrical [HOME120]
Apr 12 + 13 Sat + Sun 8:30 – 4:30 pm
Fee: $395

Table Saw [CABM108]
Apr 12 Sat 9 – 3:30 pm
Fee: $190

Finish Your Basement – Plumbing [HOME130]
Apr 26 + 27 Sat + Sun 8:30 – 3:30 pm
Fee $300

Solar Hot Water Installation [PLMR170]
Apr 26 – May 4 Sat + Sun 9 – 4 pm
Fee: $500

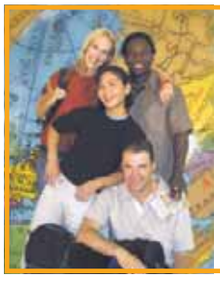
Hand Tools for Woodworking [CABM110]
May 3 – 10 Sat 9 – 3:30
Fee: $270

Wood Frame Construction [BILD112]
May 6 – June 26 Tue + Thu 6:30 – 9:30 pm + Sat 8 – 12 pm
Fee: $760

For the most current information and listing of all part-time do-it-yourself courses visit **nait.ca/ConEd. Enrol today.**

A LEADING POLYTECHNIC COMMITTED TO STUDENT SUCCESS

NAIT



Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next In-Class Course: May 16th - 18th, 23rd - 25th
Next Seminar: Apr 15th, 2013 @ 7pm
Room # SJ 102 - St Joseph's College, U of A, 11325 89th Ave
www.globaltesol.com
GLOBAL TESOL COLLEGE

RELATIONSHIPS MAKE A COMMUNITY

In 2010, 13.3 million Canadians contributed 2.1 billion volunteer hours, according to Volunteer Canada.

If you have never volunteered, National Volunteer Week, April 6-12, is a great excuse to start.

"I think most of our communities would not be the great places they are if we didn't have volunteers," says Sheri Benson, CEO of the United Way of Saskatoon and Area, which partners with local non-profit organizations to improve quality of life in Saskatoon.

The purpose of volunteering is simple.

"It really is about getting people involved in their communities and helping one another," she says. "We believe that it's those relationships between people that make community."

United Way may be best known for its programs to help the homeless, but the organization and its volunteers do much more, including running an online database that connects diverse non-profit and charitable groups with volunteers.

Throughout her own experience as a volunteer, Benson has helped out in many different ways, from sitting on the board of a local theatre company, to volunteering with the Girl Guides of Canada, to handing out water at a 10-kilometre run.

PAUL VASARHELYI/SHUTTERSTOCK

Colin Simpson, manager of Volunteer Edmonton, says volunteer organizations keep a community strong and healthy.

"When you have that kind of a volunteer contribution in an economy it has huge economic value, but it also has social value," he says, adding that in the Edmonton region alone there are 8,000 volunteer organizations.

Volunteering can benefit the volunteer just as much as the community, Benson and Simpson say. Volunteers get the opportunity to learn new skills, try out a new career field, make friends, or simply learn to step out of their comfort zone and experience something new.

"There is something for everyone out there," Simpson says. "I know that sounds cliché, but it's true." *– Jane Doucet*

OPPORTUNITIES

The Brain Care Centre is looking for a female grocery shopping/gym buddy. Frontier College is looking for a reading tutor. The Ukrainian Cultural Heritage Village is looking for a group of volunteers to manage parking at an upcoming music event.

Find these opportunities and many others at govolunteer.ca.

TRIATHLON SEEKS VOLUNTEERS

Edmonton has a rich history of volunteerism, especially when it comes to major international sports events.

This year, Edmonton hosts the TransCanada Corp. World Triathlon Grand Final, Aug. 26 to Sept. 1 in Hawrelak Park. The event is part of the International Triathlon Union (ITU) World Series. Edmonton is the final stop on the ITU circuit, and to help make the 2014 Edmonton grand final a success, the event is looking for 1,500 volunteers.

The event will feature the fastest and fittest athletes, including past and present Olympic medallists, future Paralympic, and age group athletes competing head to head in Edmonton's scenic river valley. This year, more than 4,000 athletes, 10,000 visitors, 100,000 spectators and a live TV audience of 45 million in 160 countries are expected.

"Volunteers have the opportunity to get involved in areas such as course marshalling, transition, check-in, athletes services, registrations, aid stations and special events just to name a few," says Roberta Daly, volunteer manager of the event. "We offer plenty of opportunities for volunteers to have fun and try something new. You will get special training, orientation sessions, volunteer rewards, eligibility for draw prizes and even a cool volunteer uniform."

STEFAN HOLM/SHUTTERSTOCK

In past years, community volunteers have supported international triathlons in Edmonton with great enthusiasm and professionalism. Edmonton last hosted the triathlon world championships in 2001, which raised the bar for future triathlon championships worldwide.

To join the growing volunteer team, apply at edmonton.triathlon.org/volunteers.

Follow the Edmonton event on Twitter @WTS_Edmonton and facebook.com/worldtriathlonedmonton.

MONKEY BUSINESS IMAGES/SHUTTERSTOCK

MUZSY/SHUTTERSTOCK

MAKE A DIFFERENCE AS A VOLUNTEER

Laura Nunez-Munoz was born into activism.

Born in Chile, she and her family were forced to emigrate when she was six months old after the country's violent military coup in 1973. Her uncle and grandfather were sent to a concentration camp, and the rest of her family moved to Edmonton.

Nunez-Munoz describes this origin story as "one of the strong pulls for me to be connected to my community and my roots because I was torn away from my culture and my country."

The experience her family went through drives Nunez-Munoz to make a difference for her community in Edmonton.

An avid volunteer, Nunez-Munoz gravitates to opportunities that allow her to connect with culture.

"I have always been naturally curious and very socially conscious about things, whether it was the environment or the community," Nunez-Munoz says.

Now, on top of her day jobs as a crisis counsellor at a women's emergency shelter and a part-time co-ordinator finding work for temporary foreign workers, she often finds ways to squeeze in extraordinary amounts of volunteering.

She has helped the Hispanic Heritage Society hold a festival to raise funds to build a community centre for Edmonton's Hispanic population and worked with the Memoria Viva Society of Edmonton that hosts events to share the story of Chile's people, history and political unrest.

Nunez-Munoz also organizes the ADT Memorial Soccer Tournament, an annual fundraiser for the Cross Cancer Institute in honour of her friend Anthony David Troncoso, who died of cancer at 25.

Volunteering can bring together diverse sets of people with differing opinions and politics, she says. There may even be rivals, "but all those divisions are put aside for this common goal. This one day we get to see everyone coming together."

– Stephanie Orford

FIND YOUR PASSION

What advice would you give someone who wants to start volunteering?

Think of finding a volunteer position the same way you would about finding paid work, Laura Nunez-Munoz says. "There's volunteering everywhere, and it's most useful when your passion is into it."

If you aren't into it, you aren't going to do the best job, she says. Equally, "you become more focused if you're somewhere you enjoy being."

THANK YOU to all of our amazing volunteers who last year donated 7450 hours to make mental health matter!

Canadian Mental Health Association – Edmonton Region is making mental health matter in our community by promoting mental health and supporting the resilience and recovery of people affected by mental illness.

For volunteer opportunities, please contact us at 780-414-6300 or main@cmha-edmonton.ab.ca

Canadian Mental Health Association
Edmonton
Mental health for all

Boys & Girls Clubs | Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area

Unless someone like you cares a whole awful lot, nothing is going to get better. It's not.
~Dr. Seuss

Thank you for caring an awful lot about our community's kids. Last year, more than 3,000 incredible people shared their time and friendship with a child through BGCBigs programs. We are all better for your support and dedication.

National Volunteer Week
April 6-10, 2014

Salmon with Pesto and Cream Cheese: Start the week on a light dinner note

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you want a new twist on serving your salmon, you've got it right here!

Serve up a tasty pesto cream cheese filling placed into a filet of salmon. It's attractive to look at and equally delicious.

I prefer to use homemade pesto, which has fewer calories and less fat than store-bought pesto. This pesto recipe makes more than what you will use for the salmon. You can keep it refrigerated or freeze it for later use. You can experiment with pesto and use a variety of herbs and leaves such as spinach, cilantro, baby kale or arugula.

To toast the pine nuts or almonds, just place a dry skillet over high heat, add the nuts and stir often for about three minutes or until they are lightly browned.

It's always best to slightly undercook your salmon to retain the moisture. I like to always use the method of measuring the salmon at the thickest part. For every one inch of thickness, stick to the rule of baking for 10 minutes at 425 F.

This recipe serves six. ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1/4 cup low-fat cream cheese (about 2 oz), softened
- 2 tbsp pesto (homemade or store-bought)
- 1 1/2 lb salmon fillet, cut into 6 fillets (about 4 oz each)
- 2 tbsp toasted pine nuts (or chopped toasted almonds)

Pesto

- 1 cup packed fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese, softened
- 1 tsp finely chopped garlic
- 3 tbsp chicken stock
- 2 tbsp olive oil

Directions

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and lightly coat with cooking spray.

2. Combine the cream cheese and 2 tbsp pesto in a small bowl until smooth. (If making pesto recipe above, puree all ingredients, remove the 2 tbsp for the filling and save the remainder for a later use.)

3. Make a small vertical slit on the top of each salmon fillet to within 1/4 inch of each end and about 1/2-inch deep. Stuff each fillet by dividing the pesto filling between the 6 fillets.

4. Place on prepared baking sheet and bake for 10 minutes per inch of thickness.

5. Garnish with 2 tbsp toasted nuts before serving. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving (salmon with one tablespoon of pesto)		
• **Calories.** 282	• **Fibre.** 0.4 g	• **Saturated fat.** 3.7 g
• **Carbohydrates.** 16. g	• **Protein.** 28 g	• **Cholesterol.** 79 mg
	• **Total fat.** 16.9 g	• **Sodium.** 130 mg

Vegetables show their fancy side

Crudités served with homemade ranch dressing are an attractive and perfect way for anyone to enjoy veggies.

Use any size of glass you prefer. I serve these at parties, as appetizers or give them to children as a fun and nutritious snack.

Ranch dressing is traditionally high in fat and calories due to the excess oil and mayonnaise. My version is light and creamy. If you don't want to buy buttermilk, simply create your own using a mixture of half a cup 2% milk with two tablespoons of lemon juice and letting it sit for five minutes.

The recipe will keep in the refrigerator for up to three days.

Ingredients

- 1/3 cup reduced-fat mayonnaise
- 1/2 cup buttermilk
- 1 tsp Dijon mustard
- 4 tsp lemon juice
- Pinch of salt and pepper
- 1/2 tsp crushed garlic
- 1 1/2 tsp sugar
- 4 – 6 small plastic or glass cups
- Selection of cut vegetables such as carrots, string beans, grape tomatoes, zucchini, cauliflower, broccoli

1. Whisk mayonnaise, buttermilk, mustard, lemon juice, salt and pepper, garlic and sugar until combined.

2. Divide dressing among 4 or 6 cups. Divide and place vegetables upright into dressing. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

This recipe takes five minutes to prepare. ROSE REISMAN

Scan this image with your Metro News app to view an image gallery with highlights from the Blue Jays' opening weekend in Toronto.

4 SPORTS

MLB

Sox struggling early at Fenway

Three games into their home schedule and the Boston Red Sox matched their worst losing streak in Fenway Park for the entire 2013 season.

Yovani Gallardo made his second straight scoreless start and the Milwaukee Brewers completed a three-game sweep of the Red Sox with a 4-0 victory Sunday.

THE ASSOCIATED PRESS

Premier League

Gerrard's pair lifts Liverpool to top of EPL; Arsenal falls

Steven Gerrard scored twice from the penalty spot as Liverpool stretched its Premier League winning streak to nine matches and returned to the top of the table with a 2-1 win at West Ham on Sunday, while Arsenal was dealt another blow by a top-five team in a 3-0 thrashing by Everton.

THE ASSOCIATED PRESS

Bahrain Grand Prix

Mercedes earns second 1-2 finish

Lewis Hamilton edged Mercedes teammate Nico Rosberg after an intense race-long duel to take victory by just one second at the Bahrain Grand Prix on Sunday.

The two Mercedes were predictably in a different league to their rivals and recorded their second one-two finish in eight days after Hamilton's victory last weekend in Malaysia.

THE ASSOCIATED PRESS

Sabathia continues to crack Blue Jays

MLB. Yankees pitcher improves career mark vs. Toronto to 15-4 in rubber-match win

Brian Roberts of the New York Yankees gets the force out at second base but cannot turn the double play in the first inning on Sunday at Rogers Centre. TOM SZCZERBOWSKI/GETTY IMAGES

Yankees veteran CC Sabathia extended his mastery over Toronto on a day that saw young Jays right-hander Drew Hutchison pay for his lack of control.

Sabathia, in his 400th American League start, wobbled in the first and sixth innings, but retired 16 of 17 between the flashpoints to help New York to a 6-4 victory Sunday afternoon.

The six-foot-seven left-hander, who looks like he sleeps in his baggy uniform, improved his record at the Rogers Centre to 7-1 and his career mark against the Jays to 15-4. He gave up four runs on seven hits and struck out six in a six-inning, 93-pitch performance that featured 65 strikes.

"He threw great," said Yankees first baseman Kelly Johnson. "He mixed his pitches, he was in the zone, guys were off balance. That's a good sign.

"He got more and more confident and his stuff got even better as the game went on."

The Yankee win came in the rubber match of a three-game series. New York (3-3) returns to the Bronx for a nine-game homestand while Toronto (3-4) has a day off before hosting Houston.

"Today was just on me," said the 23-year-old Hutchison, who suffered his first Rogers Centre loss in six starts. "It was my loss."

Hutchison (1-1) lasted just 3 1/3 innings. He struck out six but walked three and hit a batsman with all four scoring.

In only his second big league start since returning from Tommy John surgery, he gave up six earned runs on six hits while throwing 78 pitches including 49 for strikes.

Toronto manager John Gibbons says Hutchison has been struggling of late, although he got away with it previously.

"He was high in the (strike) zone a lot. That's not who he is," said Gibbons. "He'll get back down there."

THE ASSOCIATED PRESS

Leaving his mark

Derek Jeter has taken over sole possession of eighth place on baseball's career hits list with a single in the fourth inning against the Blue Jays.

- The veteran shortstop grounded a one-out hit into right field Sunday, chasing Blue Jays starter Drew Hutchison.
- It was the 3,320th hit of Jeter's career, moving him past Hall of Famer Paul Molitor. Next on the list is Carl Yastrzemski, with 3,419.
- One inning earlier, Jeter tied Molitor with a leadoff single, a line drive to right.
- Jeter sat out Friday's series opener then went 0 for 2 with two walks Saturday. His previous hit was an RBI single in the fifth inning of Thursday's win at Houston.

Hall of an effort lifts Oilers over Ducks

Oilers goalie Viktor Fasth stops Corey Perry on Sunday. THE CANADIAN PRESS

Taylor Hall had a goal and two assists as the Edmonton Oilers upset the Pacific Division-leading Anaheim Ducks 4-2 on Sunday.

David Perron, Jordan Eberle and Justin Schultz also scored for the Oilers (28-42-9), who have won two in a row.

It's the third time the teams have met in the past two weeks. The Oilers beat the Ducks 4-3 in overtime on March 28, while Anaheim edged Edmonton 3-2 on Wednesday.

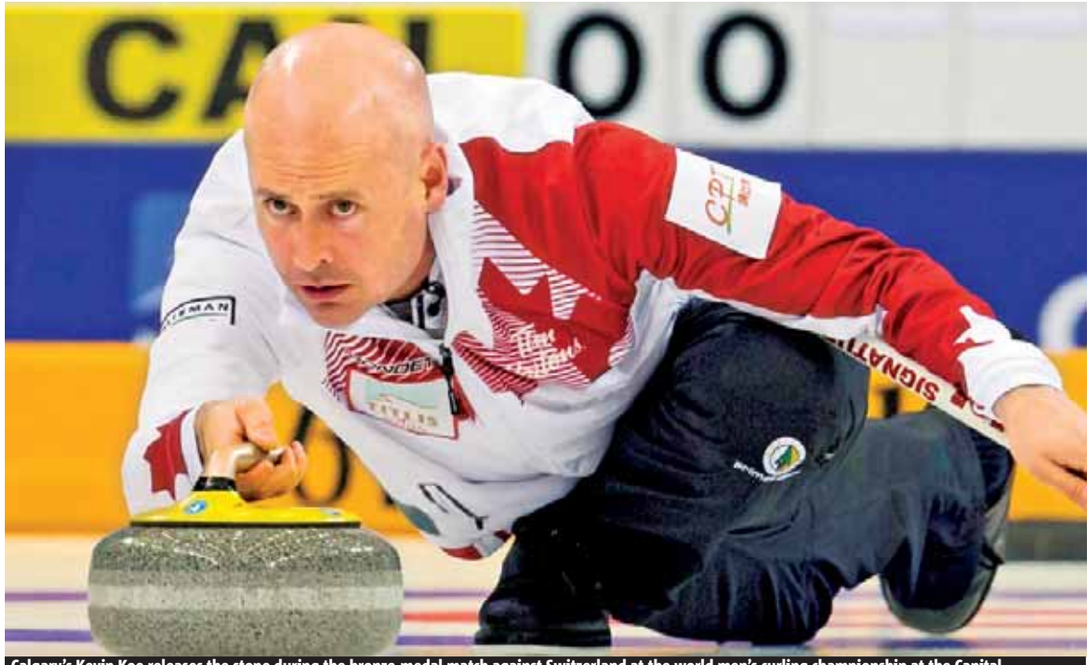
Jakob Silfverberg and Corey Perry responded for the Ducks (50-20-8), who have lost two straight and remained just one point up on the idle San Jose Sharks for first in the Pacific.

On Sunday

Oilers	Ducks
4	2

The Ducks opened the scoring on the game's first shot, 1:20 into the first period. Edmonton goalie Viktor Fasth made the initial stop on Silfverberg, but the rebound caromed off of teammate Sam Gagner and trickled into the net.

The Oilers knotted the game 1-1 six minutes into the second period with a power-play goal as Hall banked in a goal off of Ducks starter Jonas Hiller with a shot from the side of the net for his 27th of the season. THE CANADIAN PRESS



Calgary's Kevin Koe releases the stone during the bronze-medal match against Switzerland at the world men's curling championship at the Capital Gymnasium in Beijing, Sunday. Switzerland defeated Canada 7-5. ANDY WONG/THE ASSOCIATED PRESS

Canadians fall to Swiss at worlds

Curling. Fourth-place finish no reason to push the panic button for Calgary rink, coach says

Canada's Kevin Koe had to settle for fourth place at the world men's curling championship after falling 7-5 to Switzerland in Sunday's bronze-medal match.

Koe's Calgary rink came into the 10th end down by three, but couldn't muster the comeback, scoring just a single point in the final end against the Swiss team.

Switzerland stole single points in the first two ends, and padded their lead with deuces in the sixth and ninth ends en route to the victory.

"We definitely didn't want to lose that game," said lead Nolan Thiessen. "But after yesterday, it was tough to get fired up. But no excuses. They played better than us."

Canada had two chances on Saturday to reach Sunday's gold-medal game, but fell short to Norway's Thomas Ulsrud in the 1-2 Page playoff game, and then to Sweden's Oskar Eriksson in the semifinal. Ulsrud led from start to finish in defeating Sweden 8-3 to claim the gold medal later Sunday.

"I thought we played well in the one-two game and the semi," sad Koe. "We were very close. But in games like that where the other teams are playing well, you have to make the last shot of the end sometimes and we let our chances slip away."

Despite failing to medal at the world championships, Canadian coach Rick Lang says there's no reason to push any panic buttons, considering Canada has finished in the top six at every international curling event this season.

"Twenty-four hours ago, we were within a shot or two of being in the final here," said Lang. "And then we have a bad 24 hours and that chat starts. But we had a great team here. They didn't play like themselves the last couple days, but they were worthy Brier champions.

"We sent a great team here. They just didn't have a good day, and that can happen to anybody. The level of competition here is strong and getting stronger. We just have to answer the bell, that's all."

THE CANADIAN PRESS

The bright side

"I'm proud of the guys. We had a great run. World championship, two Brier titles, a Brier final."

Kevin Koe on his team's success this year despite a disappointing performance in Beijing

NBA. Miami heating up when it counts as they set fire to N.Y.'s playoff hopes

LeBron James couldn't wake up Sunday. He was sluggish when his alarm went off at 8 a.m. and still in a funk when the Miami Heat and New York Knicks tipped off five hours later.

He eventually got into form, just in time to perhaps doom the Knicks' playoff chances.

James scored 38 points and the Heat survived an NBA-record 22 3-point attempts from New York's J.R. Smith in a 102-91 victory that kept Miami atop the Eastern Conference standings.

"You do your job and you live with the results," James said. "We lived with the result of J.R. making some of those bombs."

Chris Bosh added 14 points and Ray Allen had 12 for the Heat (53-23), who are a full game ahead of Indiana (53-25) and two up in the loss column in the East race. The Pacers lost at home to Atlanta later Sunday night.

Smith was 11 for 28 from the floor, 10 for 22 from beyond the arc and took 10 3s in the fourth quarter alone while Carmelo Anthony didn't attempt a single shot in the period.

The single-game mark was previously held by Damon Stoudemire, who hoisted 21 3s on April 15, 2005.

"It's not really been a goal of mine," Smith said. "I saw the open 3 and tried to take them. I had to take advantage."

Smith finished with 32 for the Knicks, who got 14 from Raymond Felton and 13 from Anthony on 4-for-17 shooting. Anthony has been bothered by a sore right shoulder, but played 44 minutes.

THE ASSOCIATED PRESS

LeBron James and Chris Bosh hug after the Heat defeated the Knicks. WILFREDO LEE/THE ASSOCIATED PRESS

Big hole to fill

"Melo is still hurting.... I couldn't rest him again tonight. That second half, he was giving us what he's got."

Coach Mike Woodson on Carmelo Anthony

Lacrosse

Rush earn colossal 14th win versus Mammoth

Curtis Knight scored two goals — including the winner — and assisted on three more to lead the Edmonton Rush to their 14th consecutive victory in National Lacrosse League action, 12-11 over the Colorado Mammoth on Saturday.

Zack Greer and Riley Loewen had two goals and an assist apiece, Cory Conway had a goal and five assists, and Jarrett Davis, Mark Matthews, Brett Mydske, Jeff Cornwall and Jeremy Thompson also scored for the Rush (14-0).

John Grant Jr. led the Mammoth (5-10) with three goals, and Adam Jones had a goal and four assists. Sean Pollock and Athan Iannucci each had two goals and an assist, Drew Westervelt had a goal and three assists, and Dan Coates and Bob Snider also scored.

Edmonton goaltender Aaron Bold stopped 24 shots for the win. THE CANADIAN PRESS

McConachie
15 SHOWHOMES
VISIT TODAY
WWW.MCCONACHIE.CA

MR HAKEEM
RENOWNED AFRICAN MEDIUM + CLAIRVOYANT
Love Specialist, Resolves All Problems, Business Success, Release From Spells, Court Cases, Exams, Protection, Family Problems, Bad Luck, Impotency, Reunite Lovers Forever, Even Hopeless Cases.
20 Years Experience – Quick Results
780.497.7757
On Jasper Avenue

Edmonton Flying Club
Now Operating out of the New Parkland Airport
Private and Commercial License Training
www.edmontonflyingclub.com | 780-454-4531

Horoscopes

♈ Aries
March 21 - April 20
You are about to embark on one of the best times of the year for ideas and communication. Are you ready? Anything of a creative nature will go well for you over the next few days.

♉ Taurus
April 21 - May 21
Sometimes you can be a bit offhand in your attitude and the planets warn you need to be more respectful if you want to get ahead. In everything you do, try to work out how other people may take it.

♊ Gemini
May 22 - June 21
Don't worry about your work and worry even less about your finances. Focus on having fun. Mercury, your ruler, moves in your favour today and that means you should be on the move as well.

♋ Cancer
June 22 - July 23
Something you have been worrying about for ages will no longer bother you as from today. The situation itself may not have changed much but your attitude towards it has: you simply no longer care.

♌ Leo
July 24 - Aug. 23
Get out and about. This is a great time to take the kind of break where you get away from routine matters and challenge yourself to have as much fun as is humanly possible — and that's a lot.

♍ Virgo
Aug. 24 - Sept. 23
Need financial assistance? It's the time to ask. Loved ones will do what they can to help you out of a tricky situation but they will also want to be sure you learned your lessson.

♎ Libra
Sept. 24 - Oct. 23
Where before there were misunderstandings, there will now be an awareness of how much certain people mean to you and why minor differences of opinion are of no importance at all.

♏ Scorpio
Oct. 24 - Nov. 22
You need to recharge your physical, mental and emotional batteries, so don't make too many plans for the next few days. In fact, if you can find ways to pamper yourself or, go for it.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't worry if you're not feeling on top of the world because with mind planet Mercury joining the Sun in the most dynamic area of your chart it's just a matter of time before your mood improves.

♑ Capricorn
Dec. 22 - Jan. 20
Remember the best way to get other people to agree with you is to appeal to them on an emotional level. Facts and figures are important but it's feelings that tip the balance.

♒ Aquarius
Jan. 21 - Feb. 19
You'll find it easier to get your message across today and that's good because you have plenty to say. Your way with words will help persuade others that you know what you're talking about.

♓ Pisces
Feb. 20 - March 20
Good news about your money situation will improve your mood. That doesn't mean you have an excuse for a spree. If you come into extra cash, pay what you owe. SALLY BROMPTON

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 12° MIN: 0°	MAX: 16° MIN: 5°	MAX: 7° MIN: -1°

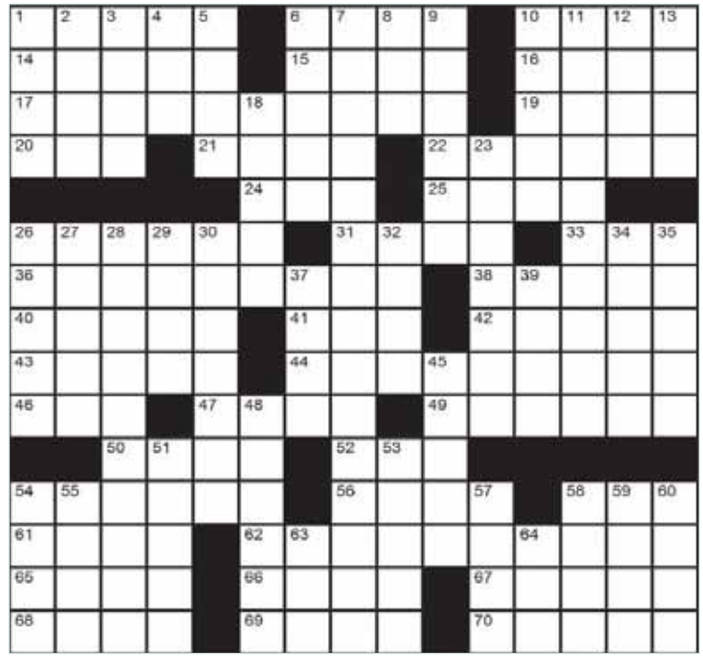
BT BREAKFAST TELEVISION

MICHELE MCDOUGALL
WEATHER SPECIALIST
"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". **WEEKDAYS 5:30 AM**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. City in Quebec
6. _ __ is me :(
10. "Dial _ __ Murder" (1954)
14. Valley in Ontario depicted by The Group of Seven
15. "Go! Go! ...and Go!"
16. Singer Mr. Blacc
17. NFLD.: Peridotite rocks in Gros Morne National Park
19. Bereft, in poetry
20. I am. You __.
21. Ancient harp
22. Savvy
24. Purring pet
25. 2014
26. Materialize
31. Legal gig, __. DA
33. Caesar's 2050
36. Canadian actress/ comedian born in St. John's, Newfoundland: 2 wds.
38. English actress Anna
40. "If _ __ a Carpenter"
41. Ms. Hagen
42. Cartoon kid on "The Cleveland Show"
43. Sporty events
44. BC city
46. Pou __ (Vantage point)
47. Undecided
49. Rented
50. Alaskan city
52. Volkswagen car, Jetta _ _ _
54. Metric measures
56. Labels
58. Shania Twain's "Any __ of Mine"
61. Shape sort
62. Consecutive spouse for, say, a Hollywood executive, predictably: 2 wds.
65. Kind
66. Mr. Ferrigno's
67. Purposes
68. Catches
69. French 101 verb
70. The __: "What's Fair Is Fair'" band from Nova Scotia

Down
1. Spying's Hari
2. Culture medium
3. Mr. Kaplan
4. Graduation bird
5. Highlander
6. Scarlett's surname
7. Ontario: Activity in Niagara-on-the-Lake because of the vineyards there: __-__ __
8. Library ref.
9. Written works
10. Mediterranean island
11. They were owned by Canadian family The Ogilvies: 2 wds.
12. Certain cloud
13. Quebec singer Mr. Simard
18. Fitness fabric
23. Unconstrict: 2 wds.
26. Types of rulers [var. sp.]
27. Be a kitten. See a toy. Do this: __ __ it.
28. Time in The New World before the Europeans
29. Jane __ (Famous book)
30. Fantastic
32. Hoax
34. Type of disturbance
35. Andrew Webber link (Musicals composer)
37. Dylan's portrayer on "Beverly Hills, 90210"
39. Uncommon, in Latin
45. HMS Bounty: Captain __
48. Mortar and __ (Kitchen duo)
51. Heraldic wreaths
53. Expire
54. Shelley of "Cheers"
55. Jazz vocalist Ms. Anderson
57. Procedure, for short
58. Mr. Holmes, Canadian contractor
59. "_ __ Good Men" (1992)
60. Headland
63. Deteriorate
64. WWI part

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	8	4		6		
		6						5
5			3			4	8	
	4	1		2	8			
			7	5		1	2	
	7	2			6			9
3						7		
		5		7	4	2		

Friday's Sudoku

4	8	2	7	3	5	1	6	9
1	6	5	8	9	4	3	7	2
9	7	3	1	6	2	8	5	4
2	9	4	3	5	7	6	8	1
8	5	1	9	4	6	7	2	3
6	3	7	2	1	8	4	9	5
7	4	8	5	2	3	9	1	6
5	1	6	4	8	9	2	3	7
3	2	9	6	7	1	5	4	8

SHERWOOD DODGE
CHRYSLER JEEP RAM MOPAR

THE FIRST BIG DEAL EVENT

ZING INTO SPRING SALES EVENT

#2504

ALL NEW 2014 JEEP CHEROKEE

47 AVAILABLE

$24,998 or $138b/w

#1883

ALL NEW 2014 JEEP GRAND CHEROKEE DIESEL

40 AVAILABLE

$59,998 or $350b/w

GREAT SELECTION IN STOCK AND READY TO GO

#3329

NEW DODGE CHARGER
Reg: $32,869 Discount: $5,879
CLEAROUT: $26,990
OWN ME $166 B/W

#5483

NEW 2014 DODGE GRAND CARAVAN
Reg: $30,289 Discount: $9,291
CLEAROUT: $20,998
OWN ME $119 B/W

#6460

NEW 2014 DODGE JOURNEY
Reg: $23,289 Discount: $2,891
CLEAROUT: $20,398
OWN ME $116 B/W

#7271

ALL NEW 2013 DODGE DART
CLEAROUT: $14,990
OWN ME $89 B/W

#4203

NEW 2013 FIAT 500
Reg: $40,399 Discount: $9,409
CLEAROUT: $12,990
OWN ME $76 B/W

#2290

NEW 2014 JEEP PATROIT NORTH 4X4
Reg: $28,634 Discount: $5,644
CLEAROUT: $22,990
OWN ME $134 B/W

#2047

NEW 2014 Jeep Gr Cherokee SRT8
IN STOCK AND READY FOR IMMEDIATE DELIVERY

#7432

NEW 2014 RAM 1500 HEMI
Reg: $29,264 Discount: $9,274
CLEAROUT: $19,990
OWN ME $117 B/W

#8200

NEW 2014 RAM 1500 CREW SPORT 4X4
Reg: $54,154 Discount: $19,164
CLEAROUT: $36,990
OWN ME $216 B/W

#0286

NEW 2014 RAM 1500 CREW SLT 4X4 HEMI
Reg: $51,254 Discount: $16,299
CLEAROUT: $34,990
OWN ME $204 B/W

#3680

NEW 2013 RAM 2500 CREW 4X4 CUMMINS LONGHORN
Reg: $79,234 Discount: $19,244
CLEAROUT: $59,990
OWN ME $350 B/W

#0657

NEW 2013 RAM 2500 CREW 4X4 SXT
Reg: $50,189 Discount: $14,199
CLEAROUT: $35,990
OWN ME $210 B/W

#8035

NEW 2013 RAM 3500 CREW 4X4 CUMMINS SLT
Reg: $67,784 Discount: $17,794
CLEAROUT: $49,990
OWN ME $292 B/W

#2673

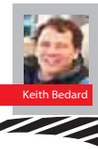
NEW 2013 RAM 3500 CREW LARAMIE CUMMINS 4X4
Reg: $80,274 Discount: $19,284
CLEAROUT: $60,990
OWN ME $356 B/W

Mike Tabler

Brad McDonald

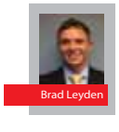
Andrew Stennett

Aaren Schroeder


Keith Bedard

Cindy Duchene-Giroux

Ron Blonar


Brad Leyden

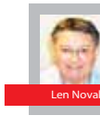
Darcy Silverthorn

Dave Welsh

Paul O'Mara

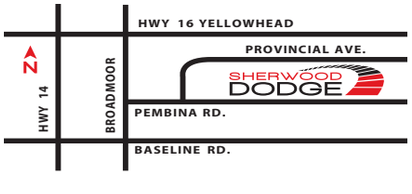
Mauricio Roa

Eddie Yehia


Len Novak

SHERWOOD DODGE
CHRYSLER JEEP RAM MOPAR

VISIT OUR ENTIRE INVENTORY AT SHERWOODDODGE.CA



YELLOWHEAD & BROADMOOR
780.410.4100

SALES HOURS:
Monday-Thursday 8:30AM – 8PM;
Fri. 8:30AM-6PM; Sat. 8:30AM-6PM;
Sun. 11AM-4PM

Disclaimer: All prices are net of GST and include all dealer discounts and manufacturer rebates available. File photo used, vehicles may not be exactly as illustrated. Payments based on 96 mos term at 4.99% apr and are OAC. IE: New 2014 Ram 1500 Hemi for $19990 at $117 b/w x 96 mos at 4.99% cob $4235. Please contact us with any questions on vehicles, options, terms, pricing. *No payments for 90 days is OAC.